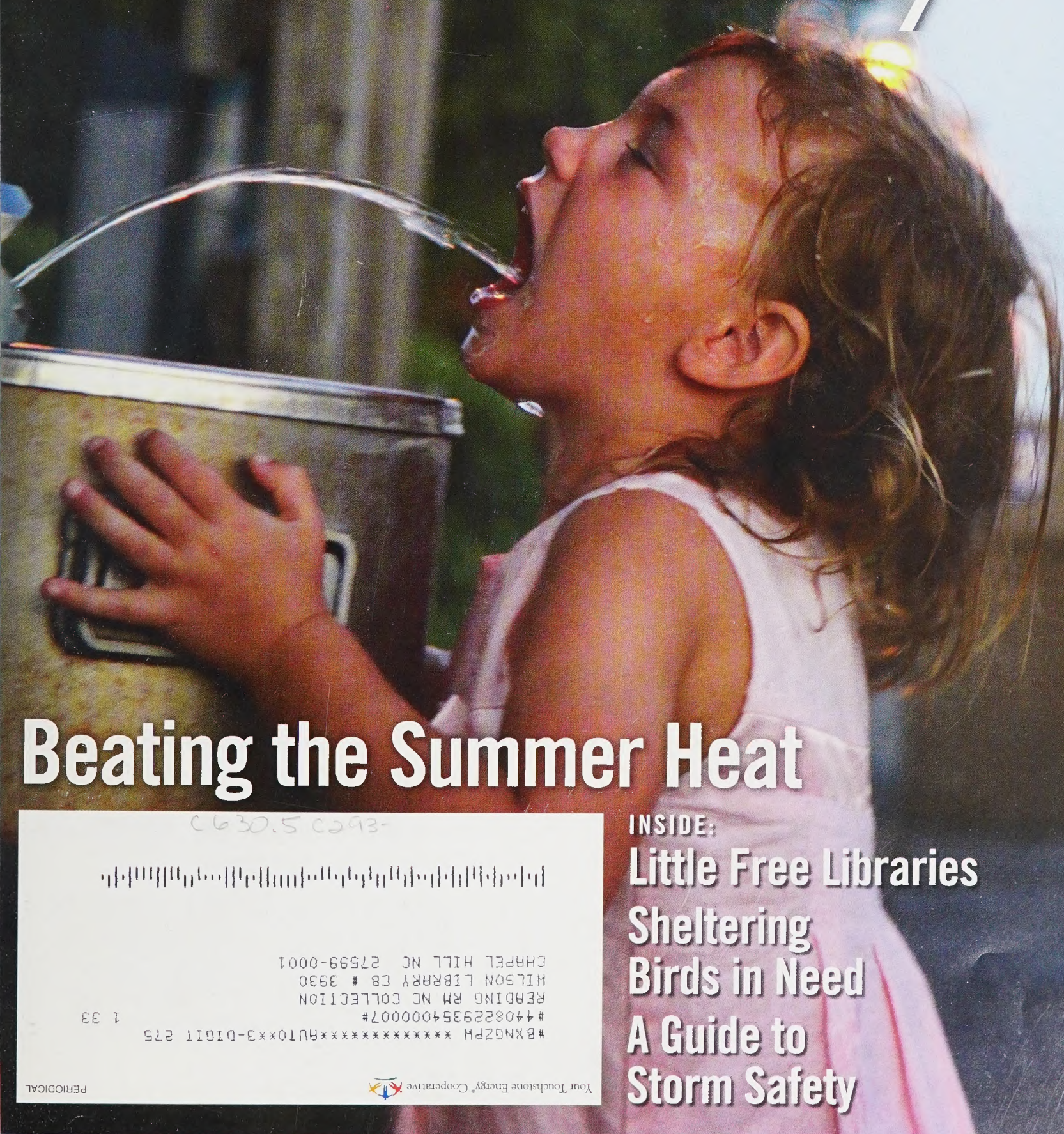


Carolina country



Beating the Summer Heat

INSIDE:

Little Free Libraries
Sheltering
Birds in Need
A Guide to
Storm Safety

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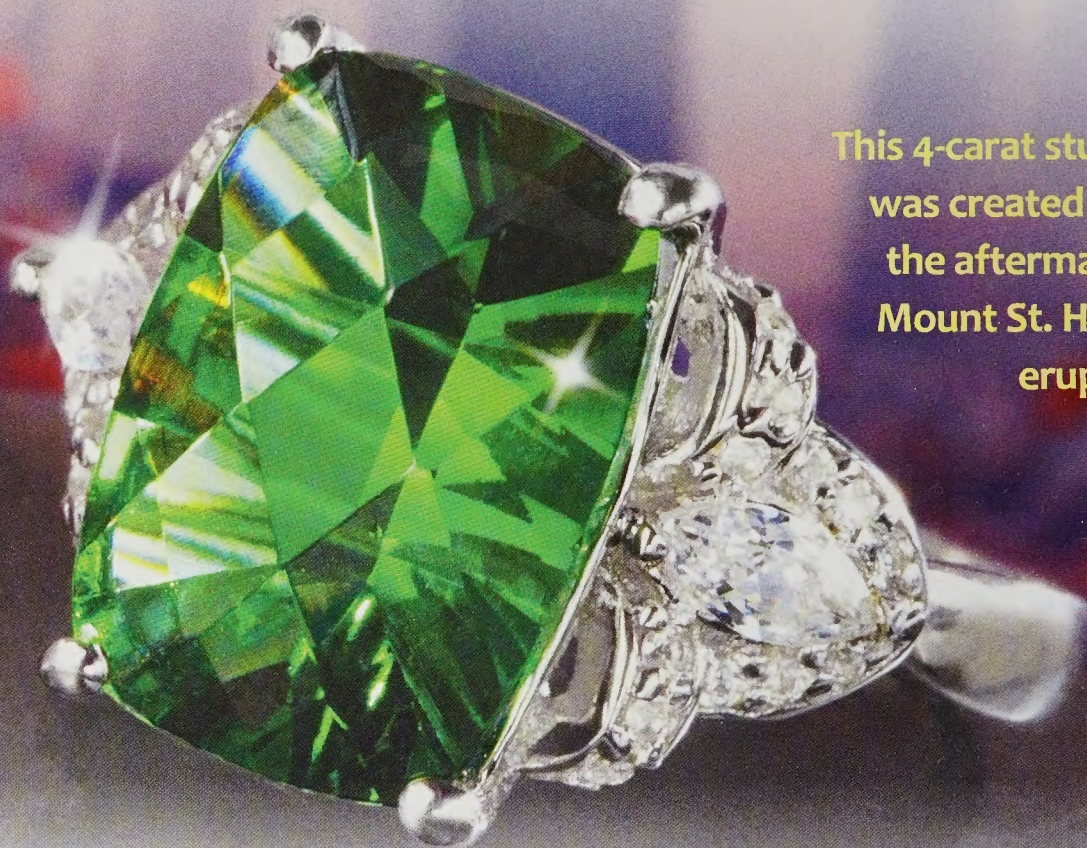
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14



26

FAVORITES

- 4 **Viewpoint**
Cooperation in the Face of Adversity.
- 8 **More Power to You**
NRECA's new CEO.
- 20 **Bookshelf**
Good reads for the last month of summer.
- 26 **Tar Heel Lessons**
Staying cool and learning the arts.
- 28 **Carolina Compass**
August events and a Native American Museum.
- 32 **Joyner's Corner**
From Pea Landing to Calabash.
- 34 **Carolina Gardens**
Homemade herb vinegars.
- 36 **Where Is This?**
Somewhere in Carolina Country.
- 36 **Photo of the Month**
"Surf Dancer"
- 38 **Energy Sense**
Heating and cooling with mini-splits.
- 40 **On the House**
Saving hot water in the kitchen.
- 41 **Classified Ads**
- 42 **Carolina Kitchen**
Cooler Corn, High Country Potato Salad, Cabbage Gratin and Lemon Crumb Squares.

FEATURES

- 6 ***The Women Tobacco Farmers in My Life***
Tobacco market memories from a Columbus County family

- 12 ***Where We Go From Here***
Jacob Brooks sends news from Nashville, Tennessee.

- 14 ***Little Free Libraries***
Community-led book boxes are big on sharing.

- 16 ***Sheltering Our Feathered Friends***
Concerned Carolinians are providing homes for birds in need.

- 18 ***On the Hunt for Old Timey Apples***
Tom Brown is passionate about keeping heritage varieties growing.

ON THE COVER

Photo by Anne Puetzer of Rousesville, a member of Wake Electric. "Four-year-old Bridget getting a drink in Beaufort, June 2015."



12



16

Photo by Walker Golder, courtesy of NC Audubon

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Cooperation in the Face of Adversity



By Craig Conrad

When storms strike, whether a hurricane along the coast, an ice storm in the mountains or other severe weather event, North Carolina's electric cooperatives—and those across the nation for that matter—are not alone. There is a single consistent element in every storm event. Help in the form of dedicated and determined cooperative and contractor linemen will show up with a spirit and energy that keeps them going until every light is burning.

When damages and outages are widespread, we rely on the power of the cooperative network to get the lights back as quickly, and safely, as possible. With just a phone call, we can get assistance from co-op line crews from less-affected areas of the state and elsewhere.

We have had help from visiting crews many times over the years, and there is nothing better than seeing a fleet of line trucks and equipment pulling into our headquarters. In 2005, visiting cooperative crews brought our restoration force to 120-plus after Hurricane Ophelia. We had storm teams from neighboring cooperatives and as far away as Georgia helping out during Hurricane Irene in 2011.

The converse is also true. If other cooperatives need our help, we are more than happy to send our crews wherever they are needed. North Carolina's electric cooperative crews have helped co-ops remove debris, reset power poles, replace equipment and restring the lines damaged by disasters not only in North Carolina, but throughout the South. With Hurricane Katrina in 2005, for instance, our cooperative and many others from across the nation spent days helping rebuild the electric infrastructure and restore power for cooperatives in the Gulf states impacted by the massive storm.


The deployment of crews is part of a mutual aid agreement shared between

North Carolina's 26 cooperatives and other cooperatives across the nation.

Tarheel Electric Membership Corporation (TEMA), a member-owned central materials supply cooperative in the state, stocks supplies and coordinates the mutual aid response from co-ops in areas not expected to be impacted by storm damages. An advantage to this system of power restoration is that electric cooperatives throughout the nation work from the same power line specifications developed by the federal Rural Utilities Service. That means visiting crews are already familiar with the construction requirements and equipment, as though they are working on their own systems back home.

When help arrives, the affected cooperative coordinates restoration efforts according to their own emergency response plan. The co-op is responsible for assigning work areas and equipping crews with employee "bird dogs" who are familiar with the local service area. The hosting co-op also arranges food, lodging and anything else the visiting crews may need.

When their work is completed, they leave more tired than when they arrived, but they leave knowing that their efforts have been appreciated by the members they assisted. As they drive off with a smile and a wave, they know that a phone call is all it would take to bring them back.

These crews are dedicated to helping co-op members because they embody one of our founding principles: "Cooperation Among Cooperatives." It's all about providing our member-owners with the highest level of service possible. That is our mission, and we take it very seriously. 

Craig Conrad is CEO and general manager of Carteret-Craven Electric Cooperative in Newport.



Onie (on right) with Latifah "T.T." Columbus at Clara Manor.

Onie's Clara Manor Family

I was never happy in my previous residences—I did not know who or where to turn when I needed to talk. I am really happy here at Clara Manor. When the other residents or myself need someone to talk to, the staff here always give us an ear and advice. We are all happy and family-oriented here at Clara Manor. I have a very nice room to sleep in and feel as if I am home with my own family.

I am also happy because my immediate family—brother, sisters, aunts, uncles, nieces and nephews—are all there for me, care and love me. If I need something they look out for me. I also have a church that I love. I thank God for my friends at Clara and away from Clara.

These few pictures that I took are of some of the staff who work here at Clara Manor. They always make sure we are feeling okay. They help me look on the bright side, tell me to look to the future and to not look at the past, and they say I look like I have Jesus in my heart—and I do have Jesus in my heart.

Onie Frances Rogerson, Washington

Editor's Note: Onie, who frequently writes to Carolina Country, moved to Clara Manor last year. She submitted photos of several employees (not pictured here: Chinna Allen; Jamillia Staton; and Felesia Waldron, who sometimes writes her poems).

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Much About Mulch

Q: What is the best mulch to use on tomatoes? My tomatoes right now look very good and are coming along very well, but I read the article about mulch [June 2016 Carolina Gardens, "Garden To Do's"] and thought I'd add it to my plants now.

Dennis & Donna Patterson, submitted on carolinacountry.com

A: Compost, whether a commercially bagged variety or some made in your backyard, gets my vote for the best tomato mulch material for two reasons: (1) It is nutrient-rich, and tomatoes are heavy feeders; and (2) it is a dark color, which absorbs and retains warmth from the sun in the soil—a definite plus when trying to keep heat-loving tomatoes happy.

L.A. Jackson, author of our regular Carolina Gardens column

Safe Canning Tips

Our July issue included canning recipes containing tomatoes, and a reader questioned the safety of such recipes. In order to can safely using a water bath canner (versus a pressure canner), the proper combination of heat and acidity must be reached in the combined ingredients to prevent the growth of the bacterium *Clostridium botulinum*, which may cause botulism—a deadly form of food poisoning.

For more insight, we reached out to a North Carolina Cooperative Extension Service food safety specialist, who recommended the National Center for Home Food Preservation as the go-to source for safety-tested recipes with supporting data. The center has resources on safe canning available online (nchfp.uga.edu), including the "Complete Guide to Home Canning" from the U.S. Department of Agriculture, which contains many new research-based recommendations for canning safer and better quality food at home. The guide is also available at carolinacountry.com.



The Women Tobacco Farmers in My Life

By Earnestine Keaton

When it was reported that the last remaining tobacco warehouses in Southeastern North Carolina would close, it marked the end of a way of life for the small farmers.

By the 1960s, most landowners in Bladen and Columbus counties planted tobacco, but only a few of the men were full-time farmers. The black farmers who could least afford to farm full-time held public jobs that guaranteed a steady income. It was not unusual to find some black women playing a non-traditional role when the tobacco season rolled around.

These women took their husbands' place in supervising the planting, tending and harvesting of the tobacco crop. They were also involved in what was considered women's work: pulling plants, setting, chopping, stringing, handing and grading the cured tobacco.

One of the women who seemed to revel in the non-traditional role was my mother, Mildred Keaton.

She and her mother, Miami Andrews, had a long-standing love affair with tobacco. When the women gathered under the barn to "string tobacco," those two would be found in the field, making sure that the "hands" did not take off too much. They would walk behind the young croppers to make sure they followed their instructions. When the "drag" came towards the barn, they could be seen walking behind it, picking up the tattered and sometimes muddled leaves that were dropped. They would go so far as to pick up the stems, add a couple of good leaves to it and hand it to the stringer.

To those women, they understand what each leaf stood for—money. Tobacco was their money crop. It was the source of their largest income of the year. When the bills were due, they promised to pay everybody off "when I sell my tobacco."

As soon as word got out that the tobacco markets were scheduled to open,



My mother, Mildred "Wallie" Keaton (right), with one of her many grandchildren, Paula Greene.

everyone's thoughts turned to getting space at the warehouse, and finding someone to get the tobacco there.

Several men in the Riegelwood area hauled tobacco, but Mrs. Estella Graham, the lone woman in the group, was my mother's choice. "Miss Estella" was well known to the tobacco warehouse owners. Her first husband, Len Bryant, had that connection, and when he passed away, Miss Estella stepped in.

Before the tobacco market opened, Miss Estella brokered a deal with the warehouse owners. She worked to ensure that the small black tobacco farmers in East Arcadia were given space in the warehouses. She would tell the owners, "my people need to sell their tobacco." When the market in Clarkton opened, Miss Estella would send word to my mother that she had a space, and the whole family got busy.

On the night before we went to market, the atmosphere was festive. Everyone in the family stayed up past the midnight hour. It was necessary that we wait until after the dew fell to prepare the cured tobacco for market—we would place sticks of cured tobacco on the grass, turning them to allow dew to fall on each side, making sure that each stick didn't get in too "high order."

At the crack of dawn, Miss Estella and her brother, Nathan Bowen, would arrive. They were a team, but Miss Estella was the boss. My mother would let one or two of us kids go with her and Miss Estella to the market.

At the tobacco market, your senses were overwhelmed by the sight and smell, the open-air warehouse, filled with rows and rows of cured tobacco—that strong, sweet aroma that every once in a while gave way to the smell of boiled peanuts. There was also a sense of uncertainty of not knowing what kind of tobacco would sell that day, but you hoped it was yours.

Miss Estella was a familiar sight at the warehouses in Clarkton, this 60-something-year-old black woman who acted as if she belonged among the big farmers, easily recognized by their bib overalls and straw hats with the green visors. She moved along behind the clean-cut, khaki wearing buyers from companies such as R.J. Reynolds and Phillip Morris.

This exciting event still lingers so vividly in our minds: As they approach our tobacco, Miss Estella goes to work. She listens as the auctioneer calls the bids, and watches as the buyers gesture as to their willingness to pay the price. She urges them to "come on boys, help us out." She lets them know she's there, and what she wants. 📍

Earnestine Keaton lives in Riegelwood. She and her family have been members of Four County EMC since electricity came to eastern Columbus County.

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If you have a story for "Where Life Takes Us," send it to us. For details, go online: carolinacountry.com/inspiration

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— Amy, Fairmont, WV

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This stunning, romantic necklace never goes out of style. In a world where some cultured pearl necklaces can cost thousands, shop around and I doubt that you will see any jewelry offer that even comes close.

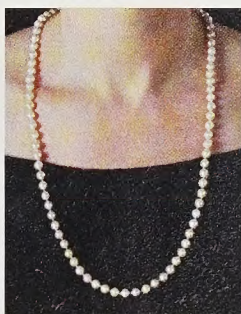
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We did find a magnificent cache of cultured pearls at the best price that I have ever seen. Our pearl dealer was stuck. A large foreign luxury department store in financial trouble cancelled a massive order at the last minute, so instead, we grabbed all of those gorgeous pearls. He sold us an enormous cache of his roundest, whitest, most iridescent cultured 6 ½–7 ½ mm pearls for only pennies on the dollar.

But let me get to the point: his loss is your gain. Many of you may be wondering about your next gift for someone special. This year, we've really come to the rescue.

For the next few days, I'm not offering this cultured pearl



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— James T. Fent,
Stauer GIA Certified
Gemologist

necklace at \$1,200. I'm not selling it for \$300. That's because I don't want to **SELL** you these cultured pearls at all... I want to **GIVE** them to you for **FREE!**

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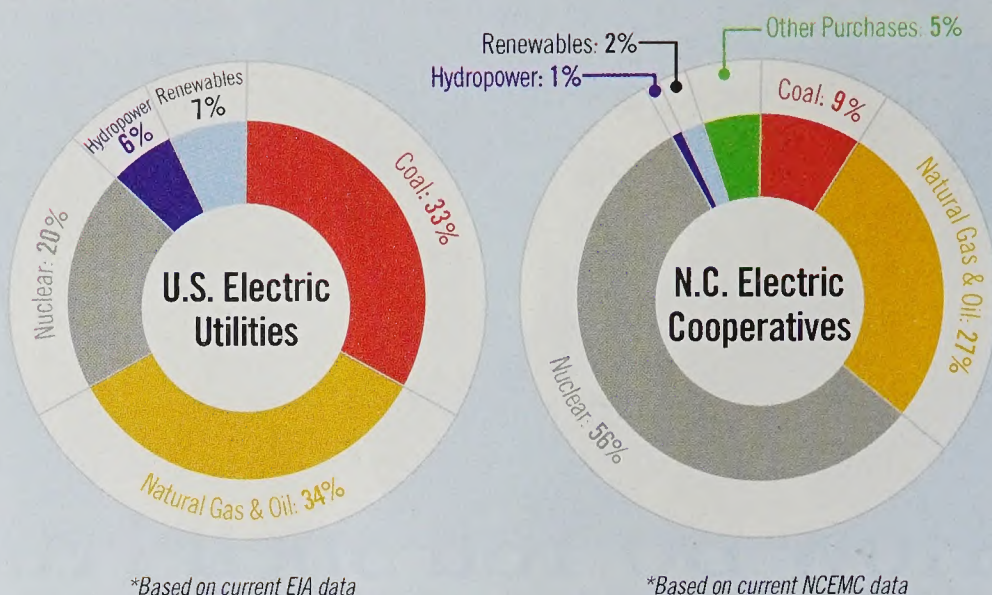
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North Carolina's electric cooperatives work hard to provide you with safe, affordable and reliable electricity. And although the electrons you use in your home all work the same, the plants where they're generated do not.

This fuel mix includes assets owned by the North Carolina Electric Membership Corporation—the Raleigh-based power supplier serving most of the state's electric cooperatives—as well as distributed generation resources and power purchased from other generators. Like a good investment portfolio, a diverse fuel mix helps ensure reliability and affordability for consumers.

Where Our Power Comes From



National Association Taps New CEO

Former U.S. Rep. Jim Matheson has been selected as CEO of the National Rural Electric Cooperative Association (NRECA), the national service organization for America's electric cooperative network. Matheson assumed duties as the organization's sixth chief executive officer last month, succeeding Jo Ann Emerson.

"On behalf of the NRECA Board of Directors, we are pleased to welcome Jim to our national electric cooperative network," said NRECA secretary-treasurer and Roanoke Electric Cooperative CEO Curtis Wynn. "His experience within both Congress and the energy industry brings valuable perspective to the national issues our industry is facing."

Before joining NRECA, Matheson served as a principal at a Washington, D.C.-based law firm, following service in the U.S. House of Representatives from 2001 to 2015—where he was a member of the House Energy & Commerce Committee. Before being elected to Congress, Matheson worked in the energy industry for several years. He was a project development manager in the independent power industry. He worked at two consulting companies, including his own firm, providing



services to large energy consumers.

"The industry that electric cooperatives are operating in is growing increasingly complex," said Joe Brannan, CEO of North Carolina's Electric Cooperatives. "Between new consumer-focused technology, distributed generation, cyber security considerations and uncertain emissions regulations, this is an unprecedented time of change. I have no doubt that what Jim brings to the table will help us in turning these changes into opportunities for electric co-ops and our members."

Matheson was born and raised in Salt Lake City, Utah. He attended public schools in Salt Lake City, received a Bachelor's Degree in Government from Harvard University, and an MBA in Finance and Accounting from UCLA.

"I am excited by the opportunity to lead NRECA and to continue to build on its remarkable record of service to its members," Matheson said. "I am honored to be associated with this member-driven organization that has a strong reputation for quality and integrity. I look forward to working collaboratively with all of the cooperative community as we look to the future."

Jeffrey Connor has been serving as interim CEO for NRECA on behalf of Emerson, who was stricken with a cerebral hemorrhage in August 2015.

"It has been a great honor for me to serve NRECA as interim CEO," Connor said at a summer NRECA board meeting. "Thank you for the trust you have placed in me. It has been a gratifying experience to represent our employees and a humbling experience to represent our members. But most of all, thank you for asking me to continue to drive the agenda Jo Ann set for us."



TVA plant operators brought the new reactor online on June 3.

TVA's New Nuclear Plant Nears Completion

The Tennessee Valley Authority (TVA) connected its Watts Bar Unit 2 nuclear reactor to the grid in June, making it the first nuclear power plant to come online since 1996. Throughout June and July the unit has undergone final testing, producing electricity at incremental levels, and the reactor is expected to be fully operational by the end of the summer.

Construction on Watts Bar Unit 2 originally began in 1973 but was halted in 1985, according to the U.S. Energy Information Administration. In August 2007, the TVA board of directors authorized the completion of Watts Bar Unit 2, and construction started that October. Once fully operational, the \$4.7 billion reactor will add nearly 1.2 gigawatts of electricity generating capacity to TVA's nuclear fleet.

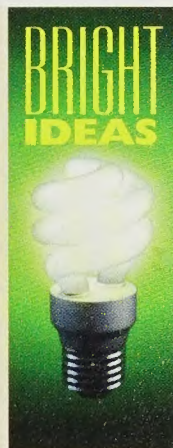
Teachers:

Apply Early for Bright Ideas Grants and a Chance at \$100

North Carolina's electric cooperatives are accepting applications for Bright Ideas education grants to fund creative, classroom-based learning projects. The final deadline to apply is in September and can vary depending on the sponsoring electric cooperative in your area. Five lucky educators who submit their application by the early-bird deadline of August 15 will win a \$100 gift card.

The Bright Ideas education grant program is an example of the electric cooperatives' commitment to community. Since 1994, North Carolina's electric cooperatives have awarded more than \$10 million in Bright Ideas grants funding for more than 9,800 projects. Those projects have touched the lives of more than 2 million students.

Electric cooperatives expect to award about 600 Bright Ideas grants statewide during the 2016–2017 school year. Classroom teachers at qualifying schools can apply for grants individually or as a team. The application, grant-writing tips and more information about the Bright Ideas education grant program can be found at ncbrightideas.com.



Southeast Earthquakes Explained

Researchers at the University of North Carolina at Chapel Hill have found a thinning tectonic plate to be the likely cause for recent earthquakes in the Southeast, and if their theory is accurate, it may mean the region will experience more earthquakes in the future.

Earthquakes usually occur along the edge of a tectonic plate—the southeastern United States is more than 1,000 miles from the nearest edge of the North American Plate, which underlies all of North America, Greenland and parts of the Atlantic and Arctic oceans. And yet, the region has recently seen some notable seismic activity, including the 2011 magnitude-5.8 earthquake in central Virginia.

That quake, centered near the small town of Mineral, Virginia, prompted a precautionary shutdown of a nearby nuclear power plant partially owned by Old Dominion Electric Cooperative. Virginia-based Rappahannock Electric Cooperative, which serves the area near the epicenter, reported that about 6,000 of its consumer-members were without power immediately after the initial tremor occurred.

"This region has not been active for a long time. We were intrigued by what was going on and how we can link these activities to structures in deeper parts of the Earth," said Berk Biryol, a UNC-Chapel Hill seismologist and lead author of the study.

Typically, the thicker the tectonic plate, the stronger it is and the less likely it is to produce earthquakes. But the North American plate has been thinning over millions of years, with pieces of mantle breaking off and sinking deeper into the earth. This has weakened parts of the plate under the Southeast, making it more prone to the slipping that causes earthquakes.

Based on 3D scans of the North American Plate, researchers expect that the process is ongoing and will likely continue into the future, potentially leading to more earthquakes in the region.

"This was an interesting finding because everybody thought that this is a stable region, and we would expect regular plate thickness," Biryol said. "Our idea supports the view that this seismicity will continue due to unbalanced stresses in the plate."

RARE EVENTS

Notable quakes inside the North American Plate

- 2011 | Mineral, VA (magnitude 5.8)
- 1886 | Charleston, SC (magnitude 7)
- 1811 & 1812 | New Madrid, MO (magnitude as high as 8.1)
- 1755 | Cape Ann, MA (magnitude 6.0–6.3)
- 1737 | New York City (magnitude 5.5)

Estimated magnitudes. Source: American Geophysical Union

STORM WATCH

How to prepare your family and property for severe weather

Outside

1. Bring indoors objects that may be blown or swept away.
2. In a flood-prone area, elevate or move structures to higher ground.
3. Lower water level in pool to 6 inches. Add extra chlorine. Turn off electricity to equipment.
4. Keep sliding glass doors wedged shut.
5. If you evacuate, take pets with you or leave them with a friend. Give large animals in barns plenty of food and water.
6. Trim dead or weak branches. Do not leave them for curbside pickup during a storm watch.
7. Keep roof drains clear.
8. Take down outdoor antennas.
9. Protect windows with custom-fit shutters or $\frac{5}{8}$ -inch plywood. Consult your building inspector.
10. If you use a portable generator, know what loads it can handle, including start-up wattage. If you connect to a household circuit, you must have a double-pole, double-throw transfer switch installed between the generator and outside power, or the "back-feed" could seriously harm utility line workers.

Inside

11. Store valuables and extra keys in a waterproof container at the highest point in your home.
12. Video record a home inventory and store it somewhere safe.
13. Post emergency telephone numbers. Charge your mobile phone.
14. Make two copies of vital documents and keep the originals in a safe deposit box. Keep one copy in a safe place at home, give the second to someone out-of-town. Birth and marriage certificates, tax records, credit card info, financial records, wills and trusts.
15. Protect what could cause harm: bookshelf, hanging pictures, gas appliances, chemicals.
16. If someone relies on life support equipment, notify your electric cooperative.
17. Check your supply of medicines.
18. Fill bathtubs and jugs with clean water in case water becomes contaminated.
19. Show adult family members how your fire extinguishers work.
20. Keep a battery-operated radio or television and extra batteries.
21. Plan home escape routes. Find two ways out of each room.
22. Make a plan to reunite if separated. Designate an out-of-state contact and make sure your family knows how to reach the person.



Resource information

**Federal Emergency
Management Agency (FEMA)**
800-621-FEMA (3362)
fema.gov

American Red Cross
703-584-8400
redcross.org

23. Pick a "safe" room in the house, usually a first-floor interior hallway, room or closet without windows.
24. Turn off electricity, water and gas only if you suspect a leak or damaged lines, or if you are instructed to do so by authorities.
25. Fuel your vehicle. Get cash. ATMs may not work later.
26. Keep a smaller Disaster Supplies Kit (see box) in each car.

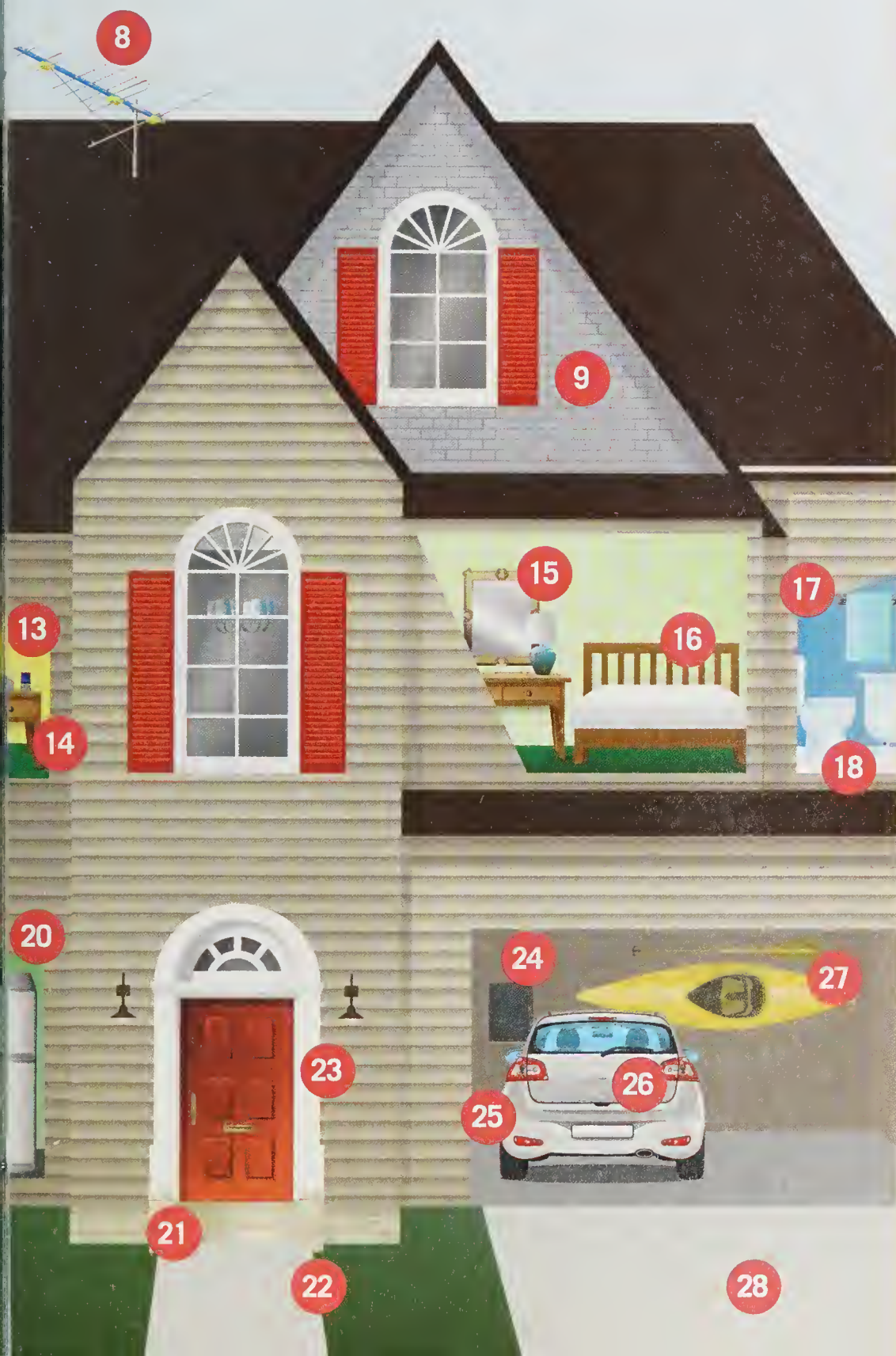
27. Moor boat securely, store it upside down, against a wall or move it to a safer place. Anchor a boat trailer.
28. If you must evacuate, leave as quickly as possible. Unplug your appliances, but leave your refrigerator on and set to the coldest possible setting. Turn off the main water valve. Move furniture to a higher place, if possible. Take sleeping bags, blankets, warm protective clothing, emergency supplies, eating utensils and identification showing proof of residency. Tell somebody where you are going.

A Disaster Supply Kit

(recommended by the American Red Cross)

Have enough disaster supplies for 2 weeks ready. Keep items in airtight plastic bags. Replace stored food and water every six months. Rethink your kit and family needs at least once a year. (Replace batteries, update clothes, etc.) Ask your physician or pharmacist about storing prescription medications.

- Emergency food & drinking water
- At least one change of clothes for every person
- Baby food, diapers & formula (if necessary)
- Batteries
- Bleach (without lemon or additives)
- Books, magazines, cards & games
- Butane lighters
- Cash & credit cards
- Camera
- Car keys
- Clock (non-electric)
- Cooler (with ice)
- Duct & masking tape
- Fire extinguisher
- First Aid kit
- Flashlight
- Grill or camp stove
- Lantern with extra fuel (after storm has passed)
- Manual can opener
- Medicines, glasses or contact lens supplies
- Mosquito repellant
- Personal identification
- Pet food
- Phone numbers of places you could go.
- Plastic trash bags
- Radio (battery-operated) or TV
- Sleeping bags, pillows & blankets
- Soap & shampoo
- Sturdy shoes
- Toilet paper & towelettes
- Tool kit including hammer, crowbar, nails, saw, gloves, etc.
- Water purification tablets (available at drug stores)



JACOB'S LOG:

Where We Go From Here

By Jacob Brooks

It's hard to sum up these past two years. My experience as a Teach For America teacher has been so dynamic, so rewarding, and so unpredictable. Actually, that is an appropriate way to describe this experience: "Unpredictable."

Two years ago, if you would have told me that I would be teaching Special Education in Nashville, Tennessee, I would have called you a liar. If you would have told me I would be managing teachers as a grade level chair, I would have called you a liar. But, then again, if you would have told me those things, you would have been telling the truth.

I was in survival mode my first semester. My prayer for the day went something like this: "Dear God, I know you're up there, and I know this situation is comical to you. Please give me the strength to make it to 3:30 p.m., and, by some miracle, let me teach these kids something. I also promise to stop saying bad words under my breath. Oh, and please let traffic be clear on my way home. Amen." It wasn't much, but it seemed to do the trick.

I never knew what was going to happen one moment to the next. In one class, I would have a student who refused to do any work. In the next class, I would have a student turn in immaculate work with a smile. Later in the day, I would have an hour-long conversation with an upset parent while stuck in rush hour traffic (some parts of my prayer would go unanswered). I always knew educators were more than teachers, but I truly did not realize it until I had experienced it.

Teachers are mentors, coaches, guidance counselors, advocates and so much more. I'll never forget making sure I called two of my students, each night, to help them with their homework. I'll never forget the moments on the basketball court when I was trying



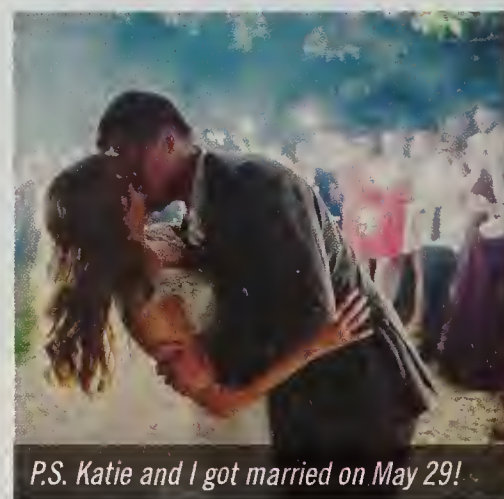
Brooks leading a 5th grade field trip to the Belle Meade plantation in Nashville, Tennessee.

to teach students who had only ever played soccer to shoot a lay-up. I'll never forget the parents who were so kind, so generous, and would invite me over for a home-cooked meal as a way to say thank you. These experiences, and so much more, have made me proud to be an educator.

While I am grateful for this opportunity and am excited to continue my career as an educator, I cannot help but feel a sense of anger that there is a need for a program like Teach For America to exist. The purpose of this program is to recruit high-achieving individuals to teach in some of America's most underserved school districts. Why? Because these school districts a) lack the resources needed to generate and maintain a successful school district and b) because these districts lack resources, they have difficulty keeping high-quality educators in the district.

Programs like Teach For America and Urban Teachers step in to support these districts and help meet their demand for teachers. Unfortunately, while these programs are effective, they are a Band-Aid solution to a systemic problem, but a systemic problem that can be fixed! I am excited for the day when our state and federal legislatures

discuss educational issues with the same vigor and passion as they do media-sensationalized topics. I am excited for the day when the role of an educator is revered to the same degree as an engineer, lawyer or doctor. I am excited for the day when every child, regardless of demographic factors, has access to a quality education. 🙌



P.S. Katie and I got married on May 29!

Jacob Brooks grew up in Alleghany County and represented Blue Ridge Electric on the 2010 Youth Tour to Washington, D.C., when he first began writing his "Log" for Carolina Country. This fall he will be teaching a third year at STEM Preparatory Academy as the 5th grade exceptional educator and grade level chair. All of his Log entries are available at carolinacountry.com/jacob.

More information on Teach For America is available at teachforamerica.org.



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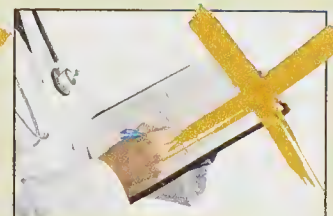
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50-54	\$11.50	\$9.70	\$18.50	\$15.50	\$36.00	\$30.00	\$88.50	\$73.50
55-59	\$14.20	\$11.95	\$23.00	\$19.25	\$45.00	\$37.50	\$111.00	\$92.25
60-64	\$17.20	\$13.30	\$28.00	\$21.50	\$55.00	\$42.00	\$136.00	\$103.50
65-69	\$20.50	\$16.00	\$33.50	\$26.00	\$66.00	\$51.00	\$163.50	\$126.00
70-74	\$27.40	\$21.40	\$45.00	\$35.00	\$89.00	\$69.00	\$221.00	\$171.00
75-79	\$37.00	\$30.10	\$61.00	\$49.50	\$121.00	\$98.00	\$301.00	\$243.50
80-85	\$50.50	\$42.55	\$83.50	\$70.25	\$166.00	\$139.50	\$413.50	\$347.25

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**In FL and MD policy is renewable until age 121.



Lani Ray's LFL near Asheville

LITTLE FREE LIBRARIES

Community-led book boxes are big on sharing

By Leah Chester-Davis

Across the state, small wooden boxes perched atop posts are being heralded as mini-town squares because of their knack for bringing people together. Though some may be mistaken for oversized bird houses, these “Little Free Libraries” (sometimes shortened to LFL) are filled with books, inspiring communities statewide.

North Carolina has more than 500 of these little book boxes registered through littlefreelibrary.org, located from the mountains to the coast. They each have their own personality and story, often depending on the steward who oversees the Little Free Library. All are inspiring and promote literacy and community.

“The first time I learned about them, I knew we needed one on our farm,” says Union Power Cooperative member Cathy Linn-Thorstenson. She and husband Robb Thorstenson own Wise Acres Organic Farm in Union County and host many schools, troops and other groups for learning experiences, and to pick strawberries in the spring or pumpkins in the fall.

Her 85-year-old father built the structure as a birthday surprise. Her mother painted the structure neon green with the universal recycling symbol of the three chasing arrows. “I wanted to reflect the goals of our organic farm so we thought we would highlight that this was the ultimate recycling method,” Linn-Thorstenson explains.

The family installed the library just outside the entrance to their farm so people can access it even when the farm is

closed. It was so well received that they opened a “branch” in their barn where they added bookshelves and more books.

“From then on there was never a day during strawberry or pumpkin season where there wasn’t at least one or two kids sitting in the kids’ chairs or the barn floor happily reading,” she says.



Jody Becker built her Wrightsville Beach LFL to honor her grandmother.

From a tribute to a movement

Little Free Libraries are sometimes erected in honor or in memory of a teacher or loved one, or as a birthday or anniversary gift. That’s how the idea was born. In 2009, when Todd Bol of Hudson, Wisconsin, was looking for a way to pay tribute to his mother—a teacher who loved to read—he ended up building a model of a small, one-room schoolhouse. He set it atop a post at the edge of his front yard and filled it with books with a sign indicating the books were free.

The tribute turned into a movement. Tiny structures with the message “take a book, leave a book” began popping up everywhere. There are now more than 40,000 registered Little Free Library Book exchanges in all 50 states and over 70 countries.

These Lilliputian libraries seem to work wonders in many ways. There is almost always a steward (a person in charge of the library) who possesses a love of reading and wants to share that with others. As a result, neighbors get to know one another, a sense of community is built, the love of reading is instilled, a sense of wonder shared and inspiration ignited to build more Little Free Libraries.

LFLs across the state

In North Carolina, people of all ages are enthralled by them. Many are works of art, inspired by regions or personal interests.

Cathy McIntyre-Ross, of Highlands in Macon County, fell in love with Little Free Libraries when she first saw one in Athens, Georgia. It took a village to design and build her community's LFL, with several residents and businesses helping out. The Highlands School construction class built the structure, now located in a new park.

"You do not have to have a library card and it is available 24 hours a day," says McIntyre-Ross. "I feel like it has increased a sense of community. So many people have been delighted by it."

One of the state's youngest stewards is Avery Linkous, the 7-year-old son of Greg and Ouida Sizemore Linkous, of Clemmons. Avery says his favorite thing is the steward stamp. He stamps every book that is donated with his official Little Free Library Stamp. His parents want to instill a love of reading in their young son, and they're witnessing the budding love Avery has for chapter books and making sure others enjoy the library.

"Avery is all about the stock," Ouida says. "He likes to keep the library full, and if a book sits for a while he is ready to rotate it out. He likes to tell anyone who will listen about his library and how it works. If he sees someone walking by and they don't stop, he gets pretty bummed. He wants everyone to have a book!"

In the Asheville area, Lani Ray involves four generations of her family in her Little Free Library. She recruited a "very dear 90-plus in-law (John Olup)" to build the structure. Children in the family help select books for the children's section.

"I like anyone who happens by to feel included," she says. "I like that the LFL gets lots of use. Having been a long-time educator, I value books and people having them in their homes. I've talked to some children who, previous to the LFL, had no personal books."

The small town of Oriental, population around 900, sits near the junction of the Neuse River and the Pamlico Sound and is outnumbered by sailboats and fishing boats (more than 2,500). Bob Dillard and Cecily Lohmar's Little Free Library gives a nod to this sailing capital of North Carolina with their sailboat-inspired library.

"We have a lot of 'cruisers' pass through our harbor from all over the world," says Dillard. "If you live or travel on a sailboat, fresh reading material is always in demand."

Author Stephen King once wrote: "Books are a uniquely portable magic." Little Free Libraries are ensuring more people have access to that portable magic. 📖

Leah Chester-Davis has her own business, Chester-Davis Communications (chester-davis.com), specializing in food, farm and lifestyle brands and organizations.

Find a Little Free Library near you (or build your own if there's a need)! Visit littlefreelibrary.org to view an interactive map.



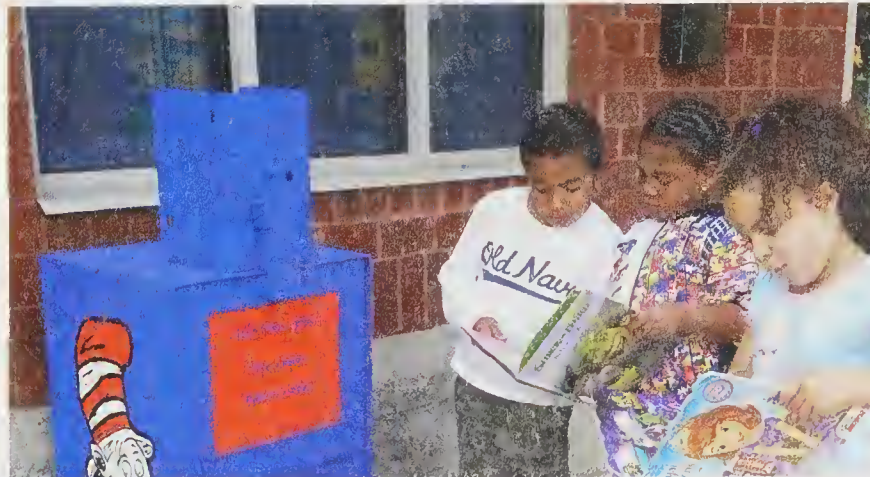
The LFL at Wise Acres Organic Farm in Union County



Bob Dillard and Cecily Lohmar's nautical LFL in Oriental



Avery, with his dad Greg Linkous, is committed to keeping his LFL stocked.



Alamance County Public Libraries installs LFLs in parts of the county without a nearby branch.

Sheltering Our Feathered Friends

Concerned Carolinians are providing homes for birds in need

By Hannah Miller



Photo courtesy of the Cornell Lab of Ornithology

If you're a small bird getting rolled over by progress—never mind the hawks and cats you face every day—there's nothing like concerned North Carolinians, many of them electric co-op members, to come to your rescue.

Two such birds, the brown-headed nuthatch and the chimney swift, have been losing habitat right and left, as the nuthatches' beloved pine tree homes are logged and the swifts' chimney roosts get capped or replaced by heat pumps.

Southern bird, born and bred

The brown-headed nuthatch is a species exclusive to the Southeast, with 20 percent of its population in North Carolina. Worried about the rapid decline of the nuthatch due to deforestation, in 2013 Curtis Smalling came up with an audacious plan (or challenge): Audubon would encourage North Carolinians to put up 10,000 nuthatch nest boxes—basically blue-bird boxes with a smaller entrance hole to keep other species out, situated near a pine tree for food.

Smalling, Audubon North Carolina's director of land bird conservation and a member of both Blue Ridge Electric in Lenoir and Tideland EMC in Pantego, thought a large-scale effort was necessary to start a turnaround. There are only about 150,000 breeding

pairs of the four-inch birds in the state.

Carolinians responded resoundingly, hitting the 10,000 mark in 2015. And they are still responding, partly from love of conservation and partly from the sheer fun of watching the tiny birds jet head-first down a tree trunk “like little bullets,” says Brunswick EMC member Richie Shavel of Leland. “Like Spiderman,” says his wife Cheryl.

The Shavels' box in the Waterford community at Leland went up in January 2015 and was occupied in February.

“We had four-inch icicles on the nuthatch box. The tenacious little birds went behind the icicles,” remembers Cheryl Shavel. “They kept us amused the entire nesting season.”

Bluebird boxes, made by the volunteer woodworkers of the Warrenton-based Eastern Bluebird Rescue Group, are still being sold for \$10 at offices of the State Employees Credit Union (SECU). And at nuthatch@audubon.org, Audubon NC is offering free excluders, or metal surrounds to retrofit entrance holes for nuthatches.

“Each of those boxes could produce 20 to 21 nuthatches over 10 years,” Smalling says. “That could be a lot of birds.”

Imperiled aerialists

Chimney swifts arrive in North America from their South American wintering grounds (largely in Peru) in late March. While here they mate, nest and raise babies. In fall, the new families join thousands of other swifts occupying large roosting chimneys during southward migration.

Chimney swifts historically roosted in hollow trees, and eventually adapted as settlers cleared forests and built homes—and chimneys. As chimneys are capped and fewer new homes feature chimneys, swifts are yet again looking for a place to roost during their time up north.

To help save its 2016 Bird of the Year, Audubon NC is encouraging people to make their existing chimneys swift-friendly by capping them only in the winter. And, to aid nationwide research, they're urging observers to record swift sites at ebird.org.

Audubon NC is also encouraging the construction of backyard chimney swift nesting towers (the high-rise version of your standard bird house), with plans available at chimneyswifts.org. Wildlife Rehabilitators of North Carolina offers competitive \$300 construction grants for the towers (ncwildliferehab.org).

The first nesting tower went up at Falls Lake State Recreation Area, served by Wake EMC in Wake Forest, in 2003. Ranger Brian Bockhahn was concerned that the birds were getting smoked out of the picnic shelters' chimneys.

Two Eagle Scout candidates from Troop 28 in Raleigh showed up with fellow scouts, friends and neighbors, along with weights and levers, and put up one 25-foot tower attached to a shelter and another 21-foot freestanding tower. (Experts say even an 8-foot tower will do the trick.)

The observation window at the freestanding tower is still one of the most popular spots for nature-trail visitors. "A lot of times we'll offer them the opportunity to stick their heads in there and look for the nest. Which everybody loves to do," Bockhahn says.

Bird Snapshots

Have you seen these birds? North Carolinians, including many co-op members, are trying to boost their chances of survival.

BROWN-HEADED NUTHATCH

Sitta pusilla

Talent: Wields pieces of bark to uncover seeds.

Top Size: 4.3 inches, less than a half-ounce.

Voice: Rubber-duddy squeak

Residency: Year-round, almost exclusively Southeast

Handicap: Too small to compete for nest sites

Numbers: Dropped 24 percent, 1966–2014.

Reason: Pine-tree homes disappearing

Nickname: "Eeek-y bird" (from Brunswick EMC member Cheryl Shavel, for voice)



CHIMNEY SWIFT

Chaetura pelagica

Talent: Snags twigs in flight, uses saliva to glue them inside chimneys for nest.

Top Size: 5.9 inches, 11.8-inch wingspan

Voice: Soft, high-pitched chatter

Residency: late March–October

Handicap: Can't perch, must cling vertically

Numbers: Dropped 65 percent, 1966–2010.

Reason: Chimneys capped, disappearing

Nickname: "Flying cigar" (for shape)



Opposite: A brown-headed nuthatch

Left: Krista Hansen puts a coat of paint on the tower her husband, Craig Magill, and father-in-law built for chimney swifts at Oak Path Farm.

Right: Dr. Mark Stanback, EnergyUnited member and Davidson College biology professor, discovered that brown-headed nuthatches quickly adapt to boxes with entrance holes geared to their tiny size.



had to get rid of an old, dangerous but bird-occupied chimney.

"We felt like we had kicked the babies out in the cold," Hansen says.

So the couple, members of Four County EMC, attached a tower to the horse barn at their Oak Path Farm.

"I swear the bug population just declined immediately," Hansen says. "Now, we sit out in the evening with our glass of wine and watch the birds and bats and chimney swifts. You hear them chattering."

James and Virginia Fulcher, members of Jones-Onslow EMC, sit out in the evenings at their Sneads Ferry home and listen for the same sounds. Fulcher built a super-strong tower in 2008 as a gift for his wife. The tower still stands despite reported 90 mph winds during Hurricane Irene in 2011, and the Fulchers are still enjoying the birds' "little tweet, tweet."

"You've got to listen good to hear them," Fulcher says. "They're amazing. They come along; they'll fly over; they'll fly around. Directly they'll shoot right down the little hole, just zoop! Right down out of the sky. Pretty as you'll ask for." 🐦

Hannah Miller is a Carolina Country contributing writer who lives in Charlotte.



On the Hunt for Old Timey Apples

North Carolinian Tom Brown is passionate about keeping heritage varieties growing

By Carole Howell

I remember summer afternoons, spent from the heat of a summer sun and collapsed under the apple tree next door. We lazily gorged on yellow apples, carefully avoiding the wormholes, for a crunch of pure white sweetness.

That was 50 years ago and that tree is gone, like so many others of the memories shared in the shade of an apple tree. But Tom Brown of Clemmons is preserving memories by finding and preserving the heirloom apple trees once thought to be lost to time.

We're not talking about Red Delicious or Granny Smith here. The apples he finds have names like Big Andy, Greasy Skin, Jellyflower and Mongolean.

Brown and his wife, Merrikay, have taken more long day trips than they can count in the search for hidden orchards and the treasures they hold.

"It helps to have an understanding wife and an all-wheel-drive car," Brown says.

He found his first apple in 1999, a Yellow Potts he located in Iredell County. At that moment, his curiosity turned into a unique hobby that has put hundreds of thousands of miles on two faithful Subarus.

"Everybody said I ought to go to Wilkes County, and it turned out to be the mother lode of old apples," Brown says. "I had several elderly residents tell me that their parents or grandparents took pride in having apples that

Apple recipes are paired with this article on carolinacountry.com.

Learn more about Brown's work and view his recent finds and the stories he's collected along the way at applesearch.org.



Tom Brown is on a mission to track down as many heirloom and lost apple varieties as he can. Most of his leads come from talking to people at regional festivals and fairs. His display is made of apples from his own preservation orchard.

were different from their neighbors. In Wilkes County, you would go to a house and they would have four apple trees and they would all be different and would all be rare."

One clue led to another, and he eventually found 300 varieties associated with just that one county.

"It's an extreme race against time to find these apples," Brown says. He often gets his clues from people who point him toward someone with an unusual apple in their orchard. "Many of the people who have these varieties are elderly, so if you hear of an apple, you need to check it out quickly."

Brown says that he gets lots of tips by attending regional festivals and talking face to face with people who lead him to an unusual variety. He is a regular fixture at the Lincoln County Apple Festival in September, displaying a wide variety of apple types hoping to find yet another clue, which he follows up personally.

"In some places, it really helps if a local can take you around," he says. "Sometimes people will open up more readily if you're with a local. Everyone

likes apples, so if they're a sinner or a saint or a Republican or a Democrat, they treat me nice."

Brown doesn't just find the apples. He's passionate about keeping the old varieties going by finding the original tree and taking his own cuttings. He grafts his findings onto purchased rootstock or onto an existing tree. His own preservation orchard numbers more than 1,000 trees along with memories they hold.

"I know it's an unusual hobby, but it's fun and rewarding," Brown says. "I've met so many people along the way, and it keeps me young." 🍏

Carolina Country contributing writer Carole Howell lives in Lincoln County and is a member of Rutherford EMC.

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A D V E R T I S E M E N T

Loose Saggy Neck Skin – Can Any Cream Cure Turkey Neck?

DEAR DORRIS: I'm a woman who is 64 years young who suffers from really loose skin under my chin and on my lower neck.



I hate the term, but my grandkids say I have “turkey neck” and frankly, I’ve had enough of it! I have tried some creams designed to help tighten and firm that loose, saggy skin, but they did not work. Is there any cream out there that Might help my loose neck skin?

Turkey Neck, Charlotte, NC

DEAR TURKEY-NECK: In fact, there is a very potent cream on the market that is designed to firm, tighten and invigorate skin cells on the neck area. It is called the **Dermagist Neck Restoration Cream**.

This cream contains an instant-effect ingredient that aims to tighten the skin naturally, as well as deep-moisturizing ingredients aiming to firm the skin and make it more supple. Amazingly, the Dermagist Neck Restoration Cream also has Stem Cells taken from *Malus Domestica*, a special apple from Switzerland.

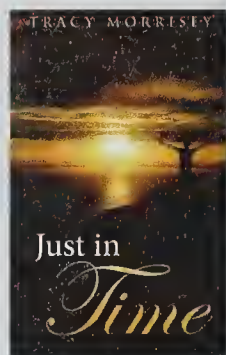
These apple stem cells target your skin's aging cells, and strive to bring back their youthful firmness, and elasticity. As an alternative to the scary surgeries or face lifts that many people resort to, this cream has the potential to deliver a big punch to the loose saggy skin of the neck. **The Dermagist Neck Restoration Cream is available online at Dermagist.com** or you can order or learn more by **calling toll-free, 888-771-5355**. Oh, I almost forgot... I was given a promo code when I placed my order that gave me 10% off. The code was “NCN20”. It's worth a try to see if it still works.

on the bookshelf

Just in Time

Growing up with an alcoholic father, author Tracy Morrissey experienced things no child should ever have to face. Burdened with her father's struggle, she wondered if her life would forever be defined by his addiction. In this new book, Morrissey candidly shares her story. Would she ever have the relationship with her dad that she always wanted? Was it even possible to love him again after all the hurt and pain? She explains how she took it upon herself to fix her dad's problems, but it wasn't until she surrendered her burden to the Lord that she experienced freedom from stress and true forgiveness. Author Morrissey is from Greenville, N.C. Published by WestBow Press. Softcover, 180 pages, \$13.95; e-book \$3.99.

1-866-928-1240 | tracymorrissey.com

**Come Rain or Come Shine**

Over the course of 12 Mitford novels, fans of author Jan Karon's best-selling novels have kept a special place in their hearts for Dooley Kavanagh. They first met him when he was a freckled-faced, barefoot lad. Now, Dooley has graduated from vet school and opened an animal clinic. Money is tight and he and his long-time sweetheart, Lace Harper, are planning a downhome, potluck wedding. Getting married in a barn was supposed to be a piece of cake but, well, nothing is as easy as it seemed for this couple's wedding. (For those who don't know, the town of Mitford is loosely based on Blowing Rock.) Published by G.P. Putnam. Softcover, 305 pages; e-book \$11.99.

mitfordbooks.com

**Vegan-Ease**

This comprehensive cookbook offers full menu plans, shopping lists and more than 130 quick-and-easy vegan recipes, each complete with a nutritional analysis. Each recipe is ranked with an "Ease-Factor" for cost-saving, healthy dishes that fit into busy schedules. Many recipes require five ingredients or less and there's a chapter devoted to stress-free holiday recipes. Author Laura Theodore, the host of public television's Jazzy Vegetarian, features recipes using ingredients found at most any grocery store such as Hungry Guy Burgers with Baked Steak Fries, or Lemon Buttermilk Cake. Theodore lives in Mill Spring and is a Rutherford EMC member. More than 200 color photographs, hardcover, 262 pages, \$19.80; e-book \$15.99. Published by Jazzy Vegetarian LLC.

vegan-ease.com

**Pull Down the Night**

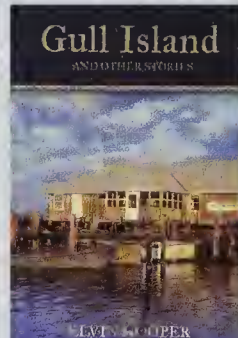
In this coming-of-age sequel to "The Suburban Strange," brothers Bruno and Sylvio transfer to Suburban High and find themselves entangled in its otherworldly mysteries and the uber chic clique known as the Rosary. This year at Suburban High School is just as troubling as the last. A curly-haired girl ghost is disrupting lives with dreaded "kiss notes," and students are inexplicably sinking into depression. Bruno—the new kid on the block—discovers his natural map-reading abilities are actually supernatural. When the reluctant hero isn't engaged in cosmic battles against evil, Bruno is swooning over the mesmerizing Celia and navigating the Goth sensibilities and musical obsessions of her clique. Author Nathan Kotecki is based in Durham. Published by Houghton Mifflin Harcourt. Hardcover, 352 pages, \$17.99; e-book \$17.99.

hmhco.com

**Gull Island**

This new memoir takes readers back to the 1950s on Hatteras Island, in a time before the Bonner Bridge crossed Oregon inlet and modern development encroached. Life was simpler then. The hardy native islanders were free to roam marshes, sounds and beaches. They raised livestock, hunted and fished, and supplemented meals with vegetables and fruits from their well-maintained gardens. Their homes were built sturdy, to withstand storms, and had a single pull-chain light in the ceiling of each room. Some still had outhouses out back and lacked running water. As author Elvin Hooper puts it, some of the tales are true, some not so true in "Gull Island and Other Stories." Either way, they stir up fond memories of duck hunting, sport fishing, pranks, dirt clod wars, delicious food and other treasured activities and things that made life interesting and fun. Hooper is a lifelong resident of Hatteras Island and a member of Cape Hatteras Electric Cooperative. Softcover, 420 pages, \$15.95. Buxton Village Books in Buxton is among bookstores that carry the book.

1-855-922-0700 | chapelhillpress.com

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You can cross-reference books and local shops where they are sold by visiting indiebound.org.

Carolina Country Store features interesting, useful products, services, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, email editor@carolinacountry.com with a description, prices and high-resolution color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

Outdoor Kitchens

Designing a space unique to your home and lifestyle

Outdoor kitchens can bring color, style and design to your backyard landscape while adding a fully functional living space to your home.

Whether you prefer to enjoy your backyard with close family or frequently host a larger group, creating a work zone there lets you keep tabs on all the fun. By bringing the same luxuries and conveniences of interior kitchens outdoors, you can stay near friends and family while serving up meals that keep the party going well into the evening.

The options are nearly endless when it comes to designing your ideal outdoor kitchen. Consider these factors as you begin planning your project:

Location comes first

A well-designed outdoor kitchen flows from the home and creates a natural transition to the rest of the landscape. As you contemplate orientation, think about how the kitchen will be incorporated into your existing outdoor living space. You'll need to consider your present landscape's flow and features, potential entries, and whether you will be adding hardscapes like a stone patio or working with existing hardscapes.

Seamless style

The aesthetic style of your outdoor kitchen is another vital ingredient. You'll want to ensure the design complements your home's exterior architecture and landscaping.

Layout

A grill is an obvious element, but there are still plenty of decisions to make, such as the best placement of your grilling appliances. Factor in wind,



Outdoor cooking spaces can incorporate fun and function.

which may force smoke into your house or dining areas, or create the need to incorporate a ventilation hood. Also keep your cooking style in mind, which may help you determine how to lay out other features, such as the work space and other cooking and cooling appliances, so they are in easy reach.

Appliance options

Think about the types of foods and beverages you'll want to serve outdoors. For example, a backyard bar may warrant an extra sink, larger refrigerator, ice maker, wine cooler and/or beer dispenser. For interactive kitchen fun, you may opt for an attractive pizza oven.

Know the code

You'll need to ensure you have proper plumbing, gas and electricity. Do your research to determine any local building code requirements and be sure to check with your homeowners association or any other group that may govern a remodeling project on your property.

To get your project started on the right track, considering enlisting the help of a kitchen design professional. You can find inspiration from the photo galleries at danver.com and brownjordanoutdoorkitchens.com.

—FamilyFeatures.com



Make sure all your supplies are on hand before you start.

Take the 'Pain' out of Painting

Plan ahead to make painting jobs a breeze

If painting is on your list of home upgrades to tackle, you may find yourself procrastinating to avoid a painful process. However, with the right tools and a little preparation, you can achieve the new look you want and a finished product that makes you proud.

Before you get started, take inventory of your painting supplies and ensure you have plenty of brushes (including extras, if you'll have help), paint trays, masking tape, clean-up rags and drop cloths to protect your floor or furniture.

Make a list of any items you need to purchase, and before you head to the store, measure your space one last time to ensure you know how much paint you need to buy.

Follow these additional tips for a painting project that delivers a big gain without the pain:

It's prime season for a reason

Prime painting season runs from Memorial Day to Labor Day. One important reason is that when the weather is nice, you can open up the windows and get some circulation running through the room for faster drying times and better air quality.

Lights on, lights off

Think about lighting when choosing your paint. It is easy to pick a color solely based on a photo or swatch, but it

is important to think about your specific room and how the lighting may affect the color's appearance. What is the natural light like? Will you still like the color once the sun goes down?

Protect and prepare


Before you begin painting, protect surfaces and ensure sharp lines by masking off your painting area. You can do a better paint job with painter's tape that tears by hand at a straight, 90-degree angle for fast cornering. Painter's tape removes in one piece without tearing or slivering.

Make it fun

Get the whole family involved in the project. Having kids take part will help give them a sense of responsibility for the family home, and make the end result more personal. If you're concerned about their skill level, give them a small area to apply primer instead of the actual paint color.

Revel in the results

Putting in the legwork in advance will pay off when you get the freshly painted look you want. Make sure to take "before and after" photos to show off your hard work.

Find more tips and techniques to pull off a better paint job at scotchblue.com. 

—FamilyFeatures.com

Sorting Things Out

Recycling is important for the future of our planet!
Can you sort the items below into the correct bins?
Draw a line from the item to the correct bin.



Water Bottle

Styrofoam Cup

Cardboard Box

RECYCLE

Juice Box

Sandwich

Newspaper

Apple

Soda Can


GARBAGE

Smart Eats for Summer

Fuel work and play with low-carb foods

Whether hitting the road for a vacation, enjoying the great outdoors or simply spending time with family and friends, your summer schedule may be turning out to be anything but slow.

An on-the-go summer lifestyle requires energy. Portable meals and in-season ingredients that keep you satisfied and energetic are keys to powering you through the season. Foods low in carbohydrates are a perfect fit.

These recipes show how deliciously simple it can be to enjoy low-carb eating, with limited or no cook times to avoid a hot kitchen. More recipes are available at atkins.com. 

—FamilyFeatures.com



You'll only need four ingredients for this smoothie.

Almond-Pineapple Smoothie

Prep Time: 5 minutes

- 1½ cup (8 ounces) plain yogurt
- 2½ ounces fresh pineapple
- 20 whole blanched and slivered almonds
- ½ cup unsweetened almond milk

In blender, combine yogurt, pineapple, almonds and almond milk and puree until smooth and creamy. Serve and enjoy!

Note: Other low-carb fruits or nuts can be substituted for pineapple and/or almonds.

Yield: 1 serving



Fresh avocado lends a creamy taste to this salad.

Crab and Avocado Salad

Prep Time: 20 minutes

- 3 tablespoons mayonnaise
- 2 tablespoons fresh lime juice
- 1 teaspoon cumin
- ½ teaspoon paprika
- 16 ounces canned crab
- 2 medium (7½ to 8 inches) stalks celery, diced
- Salt, as desired
- Freshly ground black pepper, as desired
- 1 avocado, skinned, seeded and cubed
- 3 cups chopped watercress

In large bowl, mix mayonnaise, lime juice, cumin and paprika.

Add crab meat and diced celery. Mix well.

Add salt and freshly ground black pepper, to taste. Gently stir in avocado cubes.

Divide watercress on four plates and top with salad.

Yield: 4 servings



Goat cheese medallions add a contrasting flavor to the blackberries and spinach.

Blackberry Spinach Salad with Goat Cheese Medallions

Prep Time: 20 minutes | Cook Time: 10 minutes

- 1 large egg
- 1 ounce soft goat cheese
- ¼ cup halved pecans
- ¼ cup medium sliced (⅛-inch thick) red onion
- 2 tablespoons extra-virgin olive oil
- ¾ teaspoon cinnamon
- 1 tablespoon xylitol (granular sugar substitute)
- 12 ounces blackberries, divided
- 1½ tablespoons balsamic vinegar
- Salt, as desired
- Black pepper, as desired
- 9 cups baby spinach
- 30 cherry tomatoes

Heat oven to 350 degrees.

In small, shallow bowl, whisk egg. Cut goat cheese into 12½-inch rounds or roll into 12 equal balls and flatten. Dip each round into egg mixture and then roll in pecans, pressing them into cheese, if necessary.

Place rounds onto sheet pan and bake 10 minutes, or saute in pan over medium-high heat, about 5 minutes per side. Remove from oven or pan and allow to cool slightly.

In sauté pan over medium heat, cook onion in oil with ground cinnamon and granular sugar substitute, about 3 minutes. Add 6 ounces of blackberries and smash each with a fork. Cook 3–4 minutes, then add balsamic vinegar and season with salt and black pepper.

Cook another 2 minutes, remove from heat and allow to cool. Dressing can be used warm or cooled further. Add lemon juice or water if thinner consistency is desired.

Combine spinach, tomatoes and remaining blackberries. Toss with half of the dressing then place goat cheese medallions on top. Serve with remaining dressing on the side.

Yield: 6 servings

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62573/65020
\$4.99 VALUE

SUPER COUPON

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10 FT. x 20 FT. PORTABLE CAR CANOPY
Lot 69034, shown
60728/62858/63054
Customer Rating
\$999
\$1599
\$199

SUPER COUPON

16 OZ. HAMMERS WITH FIBERGLASS HANDLE PITTSBURGH
Lot 69006
60715/60714
Lot 47873, shown
69005/61262
Customer Rating
SAVE 77%
\$3.99
camp of \$17.99

PACIFIC HYDROSTAR
1650 PSI PRESSURE WASHER
Lot 69488
Customer Rating
SAVE \$70
\$7999
camp of \$149.99

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RAPID PUMPE® 3 TON LOW PROFILE HEAVY DUTY STEEL FLOOR JACK
Customer Rating
SAVE \$85
\$84.99
camp of \$169.99

Weights 73 lbs.
Lot 61282, shown
61233/62326
20" height

SUPER COUPON
4-1/2" ANGLE GRINDER
Customer Rating
SAVE 40%
\$11.99
camp of \$20.26

SUPER COUPON
STEP STOOL
Customer Rating
SAVE 60%
\$22.99
camp of \$58.55

SUPER COUPON
US GENERAL 26" 16 DRAWER ROLLER CABINET
Customer Rating
SAVE \$623
\$329.99
camp of \$952.99

SUPER COUPON
1 TON CAPACITY FOLDABLE SHOP CRANE
PITTSBURGH
Lot 69453/61858
69512, shown
SAVE \$188
\$999
camp of \$269

SUPER COUPON
WOW 1-1/4 GALLON HOME AND GARDEN SPRAYER
Customer Rating
SAVE 33%
\$99
camp of \$14.97

SUPER COUPON
CENTECH NON-CONTACT INFRARED THERMOMETER WITH LASER TARGETING
Lot 96451/60725
61894/69965, shown
SAVE 84%
\$24.99
camp of \$69.99

SUPER COUPON
700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS RECREATIONAL GENERATOR
Lot 60338
69381, shown
Customer Rating
SAVE \$78
\$89.99
camp of \$168.97

SUPER COUPON
HaulMaster 12 VOLT TOWING LIGHT KIT
Customer Rating
SAVE 71%
\$9.99
camp of \$34.95

SUPER COUPON
72" x 80" MOVING BLANKET
Lot 66537, shown
65005/62418
Customer Rating
SAVE 69%
\$5.99
camp of \$17.97

SUPER COUPON
3 GALLON, 100 PSI OILLESS PANGAKE AIR COMPRESSOR
Customer Rating
SAVE 43%
\$49.99
camp of \$89

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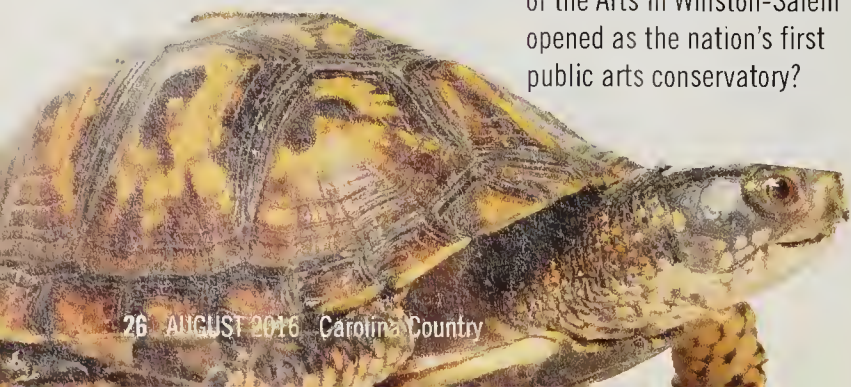


What's Our State Reptile?

The eastern box turtle (*Terrapene carolina carolina*), of course! This slow-crawling but persistent land critter normally has a 4.5-to-6-inch shell width and up to eight inches of shell length. Its dome-like upper shell is called a carapace, ranging from a highly camouflaged green to a brightly marked, brownish black with yellow and orange highlights. The head, neck and legs are also heavily patterned with distinctive yellow to orange and, occasionally, reddish streaks. Eastern box turtles' under shells (plastrons) range from yellow-brown to brownish-black. When threatened, it protectively withdraws into its shell—its hinged plastrons make it possible for the turtle to close its carapace quite tightly.

Tip: Eastern box turtles possess strong homing instincts and their directionality is “one way.” If you rescue one crossing a road, take it to the side in the direction it was going!

Be safe: Reptiles and amphibians can carry *Salmonella* germs on their bodies even when they appear healthy and clean, according to the Centers for Disease Control and Prevention. Wash your hands thoroughly with soap and water (or use hand sanitizer) after handling, being extra careful with children under five years old.



N.C. Students Stand Out at National History Day

North Carolina students took top honors at this year's National History Day Competition at the University of Maryland, College Park, held June 12–16. Three thousand student competitors came from all 50 states, several territories and four foreign countries.

Strong finishers included Caroline Murphy and Sydney Dye of Chapel Hill High School, who won first place in the senior group documentary category with their project on the Farm Security Administration's photography project during the Great Depression.

Jordyn Williams of J.H. Rose High School in Greenville won the David Van Tassel Founder



Greenville student Jordyn Williams won a full university scholarship for her documentary.

Award for her senior division documentary about African-American chemist Percy Julian. The award carries a full academic scholarship to Case Western University in Cleveland. Her project was sixth in the nation.

Skylar Holland of Wayne School of Engineering in Goldsboro received a medal for her individual performance on World War II American spy Virginia Hall. It was the outstanding state project in the junior division. And Dannis Cezarez and Melanie Irazzy of Surry County Early

College in Dobson were chosen to display their exhibit titled “Rocket Man Robert Goddard: Father of Modern Rocketry” at the Smithsonian Museum of American History on June 15. Each state and territory chose one project to display that day.

These winning students had previously competed against more than 450 students at the North Carolina History Day competition, held April 30. For more information about the two contests, visit ncdcr.gov/education/history-day/about.

tar heel lessons

a guide to NC for teachers and students



Photos courtesy of the University of North Carolina School of the Arts

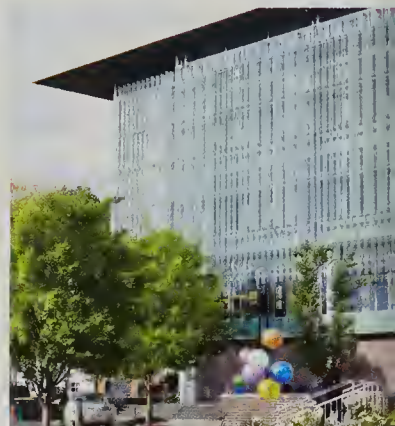
Do You Know...

that what is now the UNC School of the Arts in Winston-Salem opened as the nation's first public arts conservatory?

Formerly known as the North Carolina School of the Arts, UNCSA was the brainchild of then Governor Terry Sanford and Asheville-born author John Ehle. State funds were appropriated in 1963 and an advisory board of nationally renowned artists were appointed to select a site.

There was much rivalry among North Carolina's major cities

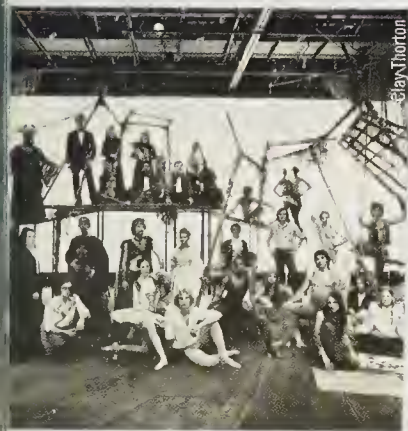
to host the school. The citizens of Winston-Salem, home of the country's first municipal Arts Council, showed particular zeal. In a two-day telephone drive, they raised more than \$850,000. Thus, the conservatory began high school and undergraduate classes in Winston-Salem in 1965. The school later became part of the UNC system and



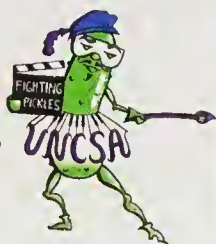


Screaming for Ice Cream?

These might hit your sweet spot: Maple View Farm, Hillsborough; Old Towne Creamery, Manteo; Peaches n' Cream, Wadesboro; Lumpy's, Wake Forest; Spike's Dairy Bar, Southport; and Jack the Dipper, Sylva and Waynesville. Yum!



added its first graduate program in 1982. Today, UNCSA (home of the "Fighting Pickles") offers dance, design and production, drama, filmmaking and music programs. To learn more: uncsa.edu.



A chilly ride at Sliding Rock



Cooling off at Jones Lake

Stay Cool!

North Carolina state parks and forests offer great places to cool off from summer's heat. Here are three destinations.

Jones Lake State Park in Elizabethtown has a sandy swim beach on a bay lake. Parents, especially, appreciate its shallow water, around 4.5 feet deep. There's also a bathhouse, concession stand and hiking trails. A visitor center and exhibit hall explains bay lake ecology. 910-588-4550 or ncparks.gov/jones-lake-state-park.

Sliding Rock Recreation Area's 60-foot natural rock water slide ends in an 8-foot deep pool. Located in beautiful Pisgah National Forest near Brevard, this attraction is staffed in the summer. Bathrooms are open Memorial Day through mid-August. bit.ly/sliding_rock

Morrow Mountain State Park, located near Albemarle, has a large swimming pool and a children's pool, along with a handsome stone bathhouse built by the Civilian Conservation Corps and Works Projects Administration. You can also explore a homestead of a 19th-century doctor at the park. His house is open summertime on Sundays from 2 to 3 p.m. 704-982-4402 or ncparks.gov/morrow-mountain-state-park.

August Events



Music on Main
Aug. 5, 12 & 19, Hendersonville

Mountains

Mt. Mitchell Crafts Fair

Aug. 5–6, Burnsville
828-682-7413
exploreburnsville.com

Music on Main

Aug. 5, 12 & 19, Hendersonville
828-693-9708
visithendersonvillenc.org

Riders in the Sky

Aug. 6–7, Blowing Rock
877-893-3874
tweetsie.com

Art in the Park

Aug. 13, Blowing Rock
828-295-7851
blowingrock.com

Rotary Charity Auction

Hundreds of items
Aug. 20, Blowing Rock
828-295-3353

Summer Concert Series

Aug. 6 & 20, Todd
828-263-6173
toddnc.org

Tri-County Outdoor Expo

Vendors with products, services
Aug. 26–27, Burnsville
828-502-9460
On Facebook

Railroad Heritage Weekend

Aug. 27–28, Blowing Rock
877-893-3874
tweetsie.com

Cruso Quilt Show

Aug. 26–27, Canton
828-400-7323

Centennial Celebration

Shuttles from Burnsville,
Marion, Asheville
Aug. 27, Mount Mitchell State Park
828-675-4611
ncparks.gov

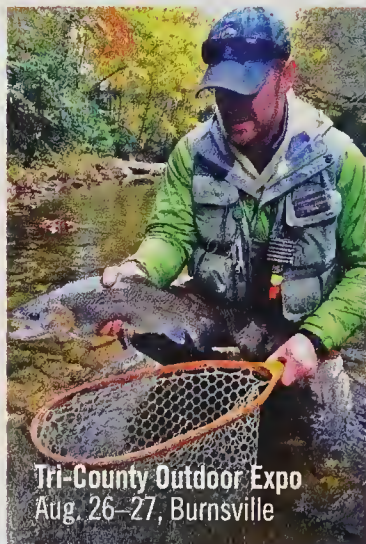
ONGOING

Charity Horse Show

Hunter/Jumper 2
Aug. 2–7, Blowing Rock
828-295-4700
blowingrockhorses.com

Woody's Original Mountain Music

Fridays, Aug. 5–26, Marion
828-290-2377
woodymountainmusic.com



Tri-County Outdoor Expo
Aug. 26–27, Burnsville

Mountain Gateway Music Jam

Sundays, Aug. 7–28, Old Fort
828-290-2377
carolbassplayer@yahoo.com

Open Art Competition

Rock School Arts Foundation
Aug. 13–Sept. 22, Valdese
828-879-2129
visitvaldese.com

Piedmont

Mid-Century Modernism

Architecture, interior
design discussion
Aug. 4, Charlotte
704-568-1774
charlottomuseum.org

Pathway to Freedom

Outdoor drama
Aug. 4–6, Snow Camp
800-726-5115
snowcampoutdoorthatre.com

USCS East Coast Sprint Car Nationals

Aug. 5–6, Fayetteville
910-624-0579
fayettevillemotorspeedway.com

Seussical Jr.

Youth musical
Aug. 5–7, Roxboro
336-597-1709
personcounty.net

Cape Fear River Presentation

Includes evening boat tour
Aug. 6, Fayetteville
910-433-1457
fcpr.us

Ramona & Beezus

Movie, concessions
Aug. 12, Roxboro
336-597-1709
personcounty.net

Historic Tours by Carriage

Aug. 13, Fayetteville
910-222-3382
visitdowntownfayetteville.com

Run for Grace 5K

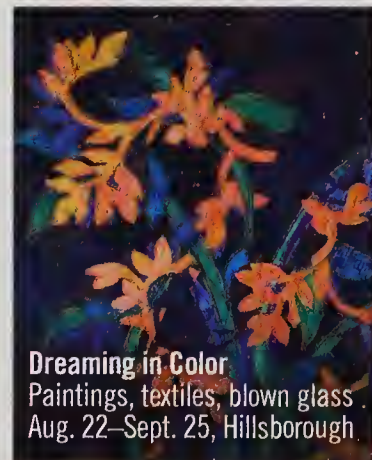
Aug. 13, Lexington
336-596-6695
jonesracingcompany.com

Cattfish Crawl Mud Run

Benefit Special Olympics
Aug. 13, Roxboro
336-597-7806
personcounty.net

Maxwell Road Endless Yard Sale

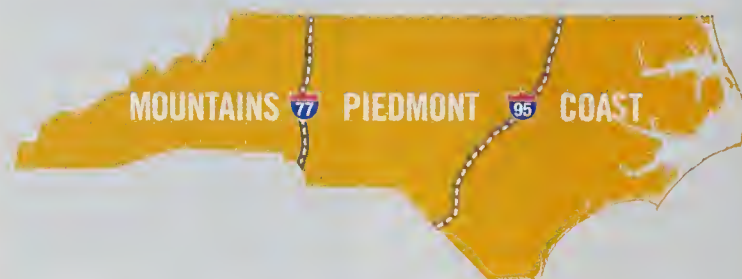
30 miles of local vendors
Aug. 13, near Fayetteville
910-990-0415
On Facebook



Dreaming in Color
Paintings, textiles, blown glass
Aug. 22–Sept. 25, Hillsborough

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. **(No email or U.S. Mail.)**
- Public venue events only. **(No business-hosted events.)**
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



Listing Deadlines:

For Oct.: Aug. 25
For Nov.: Sept. 25

Submit Listings Online:

Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.



There are more than 250 farmers markets in North Carolina. For one near you, visit farmfresh.com/farmmarkets.asp



Mayberry Nights
Aug. 20, Troy

Movie Night Under the Stars

Aug. 13, Fort Bragg
910-396-5979
bragg.armymwr.com

The Crossing

Charitable fundraiser at Lake Gaston
Aug. 13, Littleton
252-586-7398
osail.org

Carolina Clash Back-to-School Bash

Aug. 13, Fayetteville
910-624-0579
fayettevillemotorspeedway.com

Boz Scaggs in Concert

Aug. 17, Fayetteville
910-438-4100
crowncomplexnc.com

Friday Night Fights Championship

Aug. 19, Fayetteville
910-624-0579
fayettevillemotorspeedway.com

Lake Rim Kayak Tour

Aug. 20, Fayetteville
910-433-1018
fcpr.us

Mayberry Nights

Aug. 20, Troy
704-985-6987
bluegrassintroy.com

Fairy & Action-Figure Fort Fest

Participants built miniature creations
Aug. 25-27, Fayetteville
910-433-1579
fcpr.us

Dog Days of Summer Show

Vintage cars, trucks, motorcycles
Aug. 26, Fayetteville
910-433-1457
fcpr.us

Back to School Kid Fest

Aug. 26, Fayetteville
910-323-1776
theartscouncil.com

After 5 Concert

Aug. 26, Fayetteville
910-323-1934
faydogwoodfestival.com

Umoja Festival

African-American music, storytelling
Aug. 27, Fayetteville
910-485-8035
umojafaync.org

The Great Pirate Invasion & War of 1812

Performances of daring feats, sword play
Aug. 27, Waxhaw
704-843-1832
museumofthewaxhaws.com

Show-Off Vehicle Show

Benefit for American Children's Home
Aug. 27, Lexington
336-357-7126
ach-nc.org

English Colonies in America

History, scones, Scottish tea
Aug. 28, Charlotte
704-568-1774
charlottemuseum.org

ONGOING

Dreaming in Color

Paintings, textiles, blown glass
Aug. 22-Sept. 25, Hillsborough
919-732-5001
hillsboroughgallery.com



KNOW BEFORE YOU GO

In case something changes after Carolina Country goes to press, check information from the contact listed.

Coast

John Michael Montgomery

Concert includes Flatt Lonesome, Sideline
Aug. 4, Manteo
252-423-3039
islandcopy.com

Pirate Invasion

Re-enactors, mock trial, music
Aug. 12-13, Beaufort
252-725-0860
beaufortpirateinvasion.com

Crepe Myrtle Festival

Live music, arts & crafts
Aug. 13, Scotland Neck
252-826-3152
townofscotlandneck.com

Gravy Boys Concert

Aug. 13, Oriental
252-249-0140
oldtheater.org

Leland Under the Lights Car Show

Classic vehicles, vendors
Aug. 20, Leland
910-383-0553
nbchamberofcommerce.com

National Honeybee Day Celebration

Demos, live music, observation hive
Aug. 20, Goldsboro
919-920-0637
jodaniels@nc.rr.com

ONGOING

Fireworks by the Sea

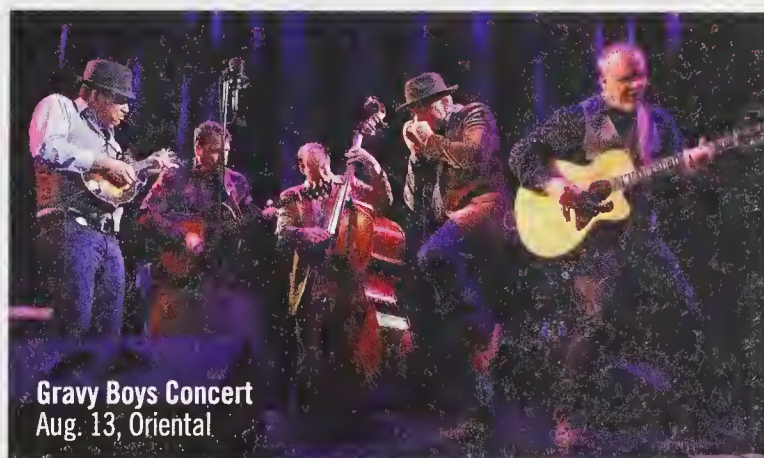
Music on the boardwalk
Thursdays, Carolina Beach
910-458-8434
pleasureislandnc.org

Downtown Sundown Concerts

Fridays, Wilmington
(910) 763-7349
wilmingtondowntown.com

Watermelon Festival

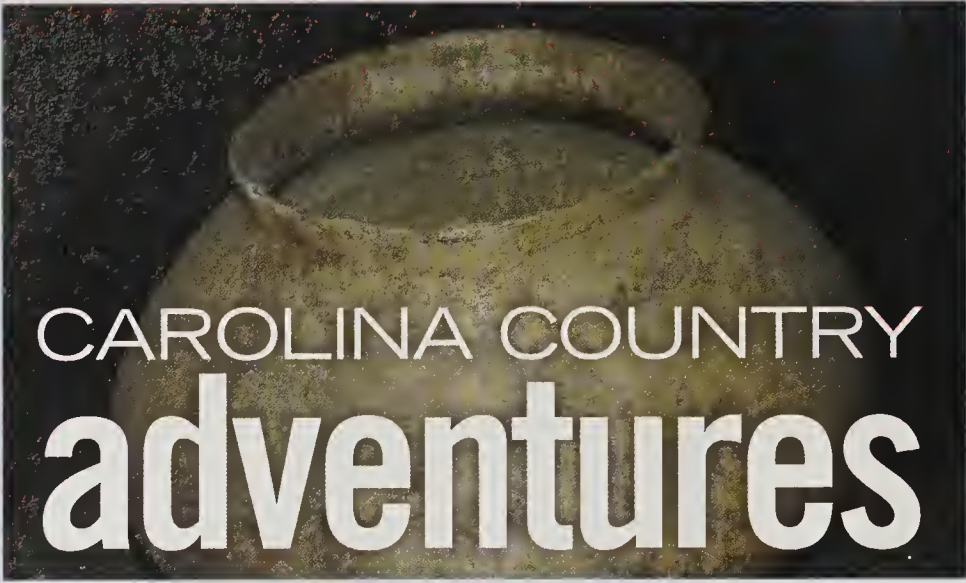
Aug. 3-6, Murfreesboro
252-398-7702
ncwatermelonfest.com



Gravy Boys Concert
Aug. 13, Oriental



The Great Pirate Invasion & War of 1812
Performances of daring feats, sword play
Aug. 27, Waxhaw



CAROLINA COUNTRY adventures

Embracing Native American History, Culture

By Karen Olson House
Photos by Amber Roth

Sometimes the most novel attractions turn up in unexpected places. Take the Frisco Native American museum on Highway 12, Hatteras Island. Truth is, driving up, you probably won't be impressed by the squat, aged building. But step inside and you'll discover a diverse, nationally recognized collection of artifacts. Room after room, the surprises keep a-coming.

There are rare dolls and war clubs, paintings, vintage photographs, maps, dreamcatchers, wood carvings, arrowheads and animal skins. Tools—including pre-Columbian gourd canteens and a shell fishing hook—along with exquisite purses and jewelry, are a testament to their makers' resourcefulness and patience. Exhibits also include a striking array of baskets and pottery, and tribal police badges and uniforms American Indians wore when they served in the U.S. military.

Museum staff organize artifacts by region, not tribe, with some exceptions (for example, the museum houses the most comprehensive collection of photographs, about 900, currently available on Geronimo's people, the Chiricahua Apache). Grouping items by region allows staff to display many

more artifacts. Dozens of tribes from across the U.S. are represented, including several living or that once lived in North Carolina.

Visitors are free to take pictures throughout the museum.

"We take a different approach when thinking about displaying artifacts," museum assistant Amber Roth says. "We care about preservation and do the best we can. But if it's an artifact in storage, who is going to see it? We want visitors to actually see the artifacts, to enjoy them and take a photo that they can share with generations to come."

The museum is on grounds that the Croatans, a North Carolina tribe, once roamed. As a designated N.C. Environmental Education Center, its nature trails curl through maritime forest and out to a pond. Visitors can see a dugout canoe, burned and scraped the way Native Americans made canoes long ago, and the frame of a longhouse (a permanent home built from wood and bark that houses multiple families).

Thanks to a grant, the museum will begin reconstructing the longhouse in October. It's also been raising funds to add longhouse




Northwest Coast dance regalia and wolf mask



Tall corn pounders and eel basket

furnishings and equipment such as pottery and cat tail mats. Volunteers, many of whom are descendants of Native Americans, will be authentically constructing the items.

Owners Carl and Joyce Bornfield, both retired teachers, opened the museum in 1987. Carl has been collecting Native American artifacts since he was a boy and Joyce shares his passion for history. They continue to guide the sharing of Native American artifacts, art and culture. 

Know Before You Go

Frisco Native American Museum
Open Tuesday through Sunday (Monday by appointment only) from 10:30 a.m. to 5 p.m.
Closed Thanksgiving and Christmas. Admission: \$5 per person; \$15 per household; \$3 for seniors.
Address: 53536 NC-12, Frisco, N.C., 27936.
252-995-4440 or nativeamericanmuseum.org.
You can also find it on Facebook.

Each Thursday through Aug. 25, there are workshops on talking sticks (2 p.m.) as well as tattoos and face painting practices (3 p.m.). The museum has held many events, including pow-wows. Call or check its website for updates, and for its off-season schedule, January through March. Located on the Outer Banks, Frisco and neighboring villages offer a relaxed vibe and locally owned galleries, shops and restaurants. More information about the area is available at outerbanks.org.

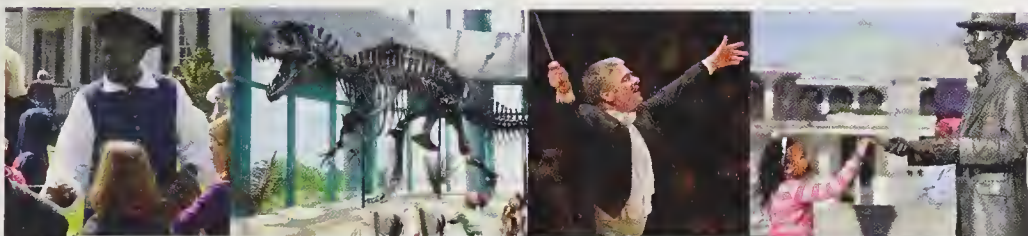


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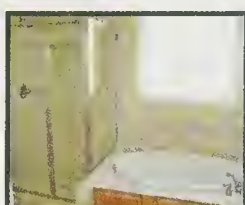
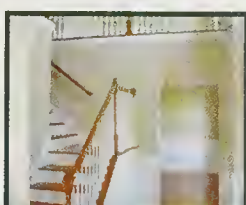


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Use the capital letters in the code key below to fill in the blanks above.

D G H L O R S U means
s c r a m b l e

Did you know?

The southeastern N.C. fishing village of Calabash, just above the South Carolina line, was founded in the early 18th century as Pea Landing, a shipping point for the local peanut crop. Calabashes, a kind of gourd, were used as dippers in the town's supply of drinking water. Pea Landing became Calabash in 1873. This self-proclaimed "seafood capital of the world" town is known for its "Calabash-style" seafood restaurants.



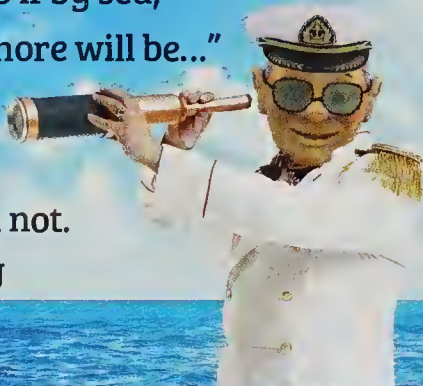
Second thoughts on first line...

It's "One if by land and two if by sea,
and I on the opposite...shore will be..."

He shore will be where,
or shore will be what?

He may be there, but I will not.

—CGJ



CONVERSION

Can you insert the missing letters below to spell one word?

TO _ IN

TO _ _ SHIP

TO _ PEE

TO _ SING

TO _ _ _ _ ACHE

TO _ CAN

TO _ SIDE

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Signs

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shows what the dearth of ads can do—

Divided highways signed the dearth
of jingled japes designed for mirth.

Roadside signage used to sell
a shaving product, sold it well.

US



DIGITAL DETECTION

The letters ABC stand for three digits in descending order. Can you arrange the letters to reach 5776, a perfect square?

For answers, please see page 41



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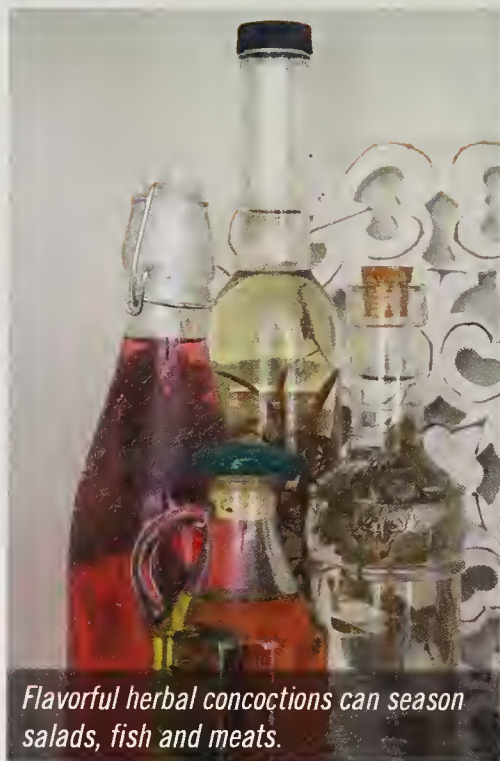
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Zip

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Email Address

Creating Your Own Herb Vinegars



Flavorful herbal concoctions can season salads, fish and meats.

'Tis the season of the mature herb garden, and now is the time to harvest culinary herbs to preserve the tastes of this summer's special seasonings. You can, of course, dry these all-natural flavorings, but why not get creative and try your hand at making herb vinegars?

Tarragon vinegar is probably the most well-known herb vinegar, but other herbs such as dill, burnet, borage, mint, lemon thyme, lemon grass, fennel, basil, rosemary, chives, sweet marjoram and even tangy nasturtiums can also add their own distinctive, tasty flavorings to vinegar.

To start, harvest herbs early in the morning when their oils are more concentrated. After washing and patting them dry, add four ounces of fresh herbs to a quart of vinegar. (For a smoother flavor, use either red or white wine vinegar.) Pour into clean, clear glass bottles (plain or fancy) and close the tops tightly. Place in an indoor location not in direct sunlight and steep for two to three weeks. Occasionally shake the bottles to stir the contents.

After the mix has steeped, you can either leave the plant parts in the vinegar and use the concoction as is or strain the herbs from the flavored liquid with a paper coffee filter.

Don't limit herb vinegars to just foliage. Cinnamon sticks, garlic cloves, peppercorns, chive blossoms, hot pepper pods and even citrus rinds can be dropped into the finished infusion to add eye-catching accents as well as their own unique flavor punches.

Need a few combination suggestions? Rosemary and white wine vinegar look and taste great by themselves, but add a dozen leaves of purple basil to tint the liquid a deep crimson and give the blend a snappier flavor. Red also rules in a mix of red wine vinegar, basil (any kind), oregano and thyme that makes a great salad dressing or marinade.

As decorations, bottles of herb vinegar can serve as pretty accessories for a few years. However, as edible accents to salads, fish and meats, to be safe they should be used within a year. Generally, the more herbs you add to the vinegar, the less acidic the solution becomes, so its ability to preserve the contents is diminished.

Garden To Do's

August

- There is still time to squeeze more produce out of the veggie patch by adding fast-maturing plants such as eggplants, peppers, squash, cucumbers and tomatoes early this month.
- Cool-season vegetables such as collards, broccoli, cauliflower, lettuce and spinach can also be started now from seed in flats in a shady location.
- This month, Bermuda grass lawns will benefit from an application of one pound of nitrogen per thousand square feet. Also, zoysia and St. Augustine lawns can be fertilized now with one half pound of nitrogen per thousand square feet.

September

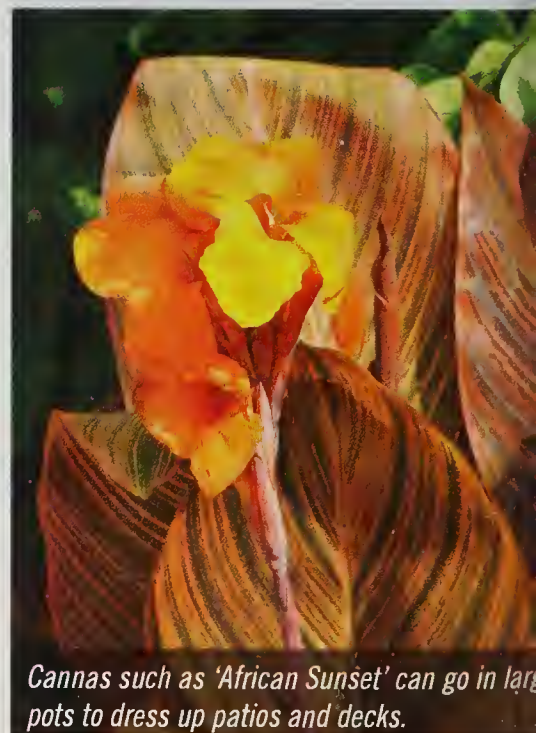
- Add even more colorful appeal to the fall flower garden by including eye-catching plants such as calendulas, asters, dusty millers, ornamental kales, flowering cabbages and pansies.

- While the leaves are still on your woody ornamentals, look for dead, diseased or damaged limbs and prune them off.
- Keep the bird feeder well stocked because activity will increase with the coming of fall. Continue cleaning out the bird bath and adding fresh water weekly. 📌

L.A. Jackson is the former editor of Carolina Gardener Magazine. Contact L.A. at lajackson1@gmail.com.

Tip of the Month

Container cannas? Sure. Whether from specimens such as "Tropicanna" and "African Sunset" that flash brilliant foliage, or fancy flowering selections like "Orange Punch" and "Minerva," cannas in large pots can make for bold, bodacious summer and early fall shows on porches, decks and patios. Apply a liquid fertilizer solution once in August and again in early September to these heavy feeders. Also, be sure to water an outdoor canna container as frequently as once a day during extended hot, dry times. Finally, at the end of the growing season, examine the roots for excessive container wrap, and divide the rhizomes or move the plant to a bigger pot, if necessary.



Cannas such as 'African Sunset' can go in large pots to dress up patios and decks.

Great Gardens

Your Backyard Pride & Joy



We're on the hunt for the best gardens our readers have to offer. Send us a photo of the garden you're most proud of—vegetable, flower, herb (whatever you're growing!)—and the story that goes with it. We will pay \$50 for each one that is published in our March 2017 Gardening Guide.

Rules

- ✂ Deadline: October 15, 2016
- ✂ One entry per household
- ✂ Digital photos should be a minimum of 1200 by 1800 pixels, prints a minimum of 4 x 6 inches.
- ✂ Supporting text should not exceed 200 words.
- ✂ Include your name, electric co-op, mailing address and email address or phone number with your entry.
- ✂ If you would like us to return your photo print, include a self-addressed, stamped envelope. (We will not return others.)
- ✂ We retain reprint rights.

Send to

Online:
carolinacountry.com/mygarden
No emails, please.

Mail:

Carolina Country Garden Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public – for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and undignified pads and diapers, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



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WHERE IN CAROLINA COUNTRY IS THIS? →



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our September issue, will receive \$25.

Have a roadside gem you'd like to share?

Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

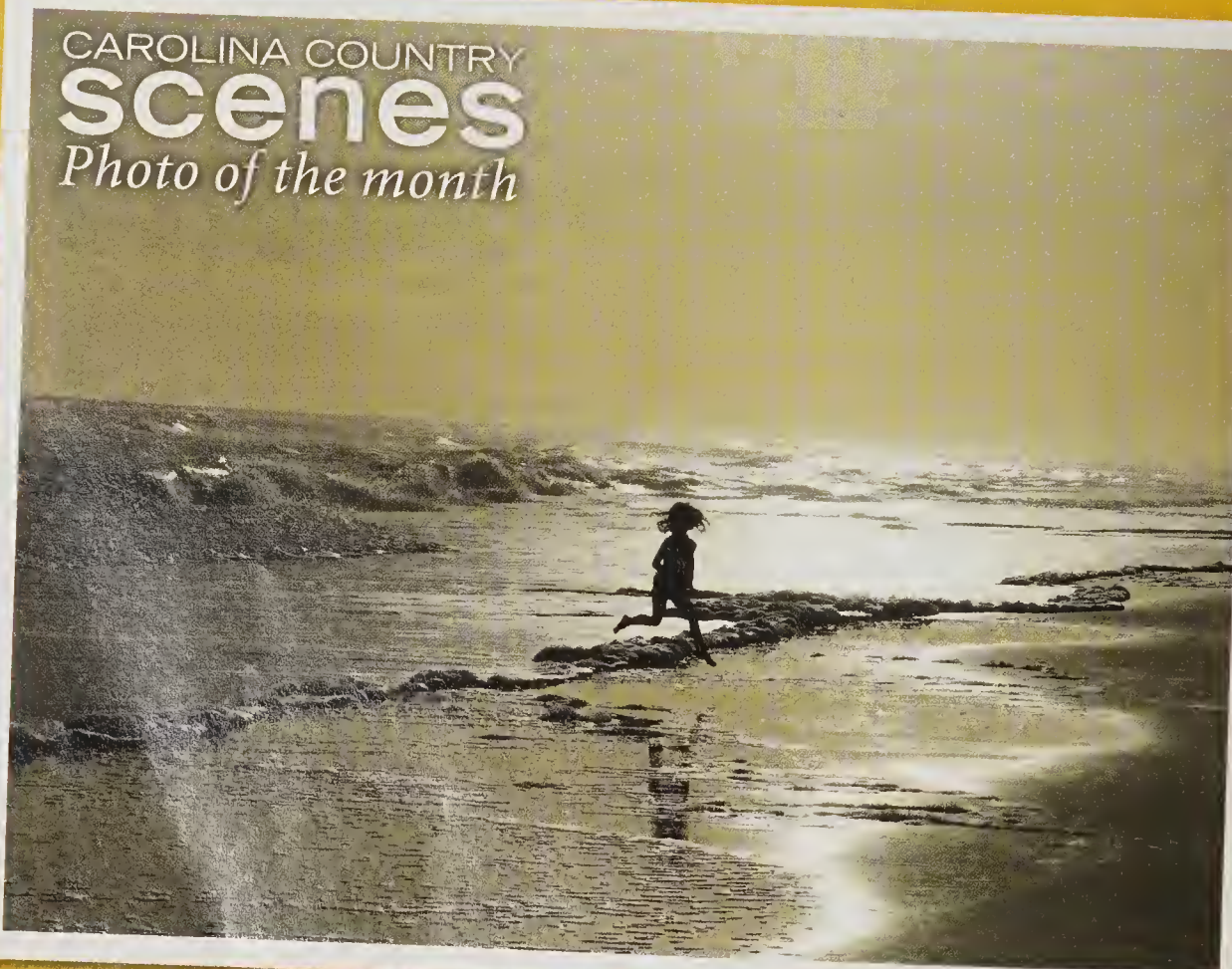
July winner

The July Where is This photo taken by Tara Verna is one many of you have passed along NC Highway 86 in the Prospect Hill community of Caswell County. That highway is a popular route for folks traveling to and from Virginia. Often called "Shangri-la," this miniature stone village was constructed by local Henry Warren. Beginning in 1968, Mr. Warren used rock from his tobacco farm to build the stone structures, spending the next 9 years adding buildings until his death at 84. According to Sharon Sexton of Yanceyville, the village has at least 27 different structures. Tim Ramsey noted: "I always knew there was a REAL Shangri-La!" If you visit, sign the visitor's registry. The winning entry chosen at random from all the correct submissions came from Piedmont Electric member Brenda Jones of Hurdle Mills.



July

CAROLINA COUNTRY scenes Photo of the month



Surf Dancer

I find peace in my life while walking the beach with my camera. This little girl was dancing in the surf...and the joy was contagious!

Mary Ellis, Monroe,
Union Power

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2016). See even more at the Photo of the Week on our website carolinacountry.com.

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“I tried my sister's cell phone... I couldn't hear it.” The Jitterbug Flip is designed with a powerful speaker and is hearing aid compatible. Plus, there's an adjustable volume control.

“I don't need stock quotes, Internet sites or games on my phone. I just want to talk with my family and friends.” Life is complicated enough... The Jitterbug Flip is simple.

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“My cell phone company wants to lock me in a two-year contract!” Not with the Jitterbug Flip. There are no contracts to sign and no penalty if you discontinue your service.



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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy ¹	30 days	30 days

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Improving Energy Efficiency with 'Mini-Splits'

Going ductless in a manufactured home

Manufactured homes, sometimes dubbed mobile homes, often log disproportionately higher energy bills than traditional wood-frame or modular homes. Fortunately, there are steps you can take to help manage the energy costs of manufactured homes.

Manufactured homes come in several configurations: Single-wide, double-wide and triple-wide. Double-wides and triple-wides require a crossover duct to provide airflow between the sections—a major culprit in air leaks that contribute significantly to wasted energy.

Quality of life for most manufactured home owners suffers due to the prevalence of leaky ducts, resulting in poorly cooled and heated living spaces. Manufactured home residents with ducted heating, ventilating and air conditioning (HVAC) systems may find the indoor temperature in their homes uncomfortable or unmanageable, especially in hot and cold seasons.

Inefficient heating and cooling systems in manufactured homes have also been shown to negatively impact indoor air quality, important health factors and safety. For instance, poorly ducted HVAC systems in manufactured homes located in warm, humid areas can cause severe mold, mildew and floor buckling.

Evidence suggests that retrofitting manufactured homes with a ductless heat pump (DHP) could improve energy efficiency and reduce heating and cooling loads. DHPs do not require ductwork to deliver conditioned air to the home. DHPs also are called “mini-split” heat pumps: “Mini” because they are suitable for conditioning smaller areas, and “split” because they consist of a separate outside compressor and one or more inside air-handling units.

A complete DHP system includes the following main components:

- An outdoor compressor unit;
- One or more indoor air handling units mounted on a wall or ceiling;
- Refrigerant line(s)—insulated copper tubing—running from the compressor to the air handling unit(s), generally running along the outside of a wall; and
- A handheld wireless remote or wall-mounted control unit with a programmable thermostat.



DHPs consist of a separate outside compressor and one or more inside air-handling units.

A 2012 study funded by the Bonneville Power Administration found that DHPs in manufactured homes use an average of 39 percent less energy for heating than the electric forced air furnaces they replaced. On average, manufactured homes retrofitted with DHPs saved 4,147 kilowatt hours (kWh) per year in heating electricity and 6,022 kWh per year in overall electricity use, demonstrating an average overall load reduction of 30 percent. The study also found that DHPs on average saved nearly twice as much heating kWh in manufactured homes than in single-family homes.

More options

There isn't a magic bullet to lower the energy consumption of a manufactured home. It takes time and hard work to troubleshoot all possible causes of energy loss, and your electric cooperative can help find solutions that make sense for a specific situation. For example, other ways to improve efficiency include:

- Verifying belly board integrity;
- Identifying air leakage/infiltration;
- Sealing crossover ducts;
- Adding insulation and insulating ductwork; or
- Replacing single-glazed windows and uninsulated doors.

DHPs can provide long-term solutions to lowering energy purchases. However, other options also exist. Savings of up to 50 percent have been reported in manufactured homes that have been properly sealed and had electric furnaces replaced with new electric heat pumps. The key is to start hunting for the savings lurking underneath and inside your manufactured home. 📌

Brian Sloboda is a technical research analyst specializing in energy efficiency and renewable energy for the Business Technology Strategies (BTS), a service of the Arlington, Va.-based National Rural Electric Cooperative Association.



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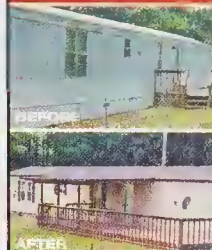
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Saving Hot Water in the Kitchen

Q: Last month, you suggested evaluating my home's hot water system when selecting a new water heater—this being a path to using less hot water and energy. What control do I have over my hot water system?

A: We have more control over our hot water systems than most people think. The amount of hot water used by appliances (dishwasher and clothes washer) and plumbing fixtures (sinks and showers) is determined by the particular model and how we use it. Due to the abundance of opportunities for savings, we will tackle only the dishwasher and the kitchen sink in this installment.

The strides towards improving the energy efficiency of appliances in the last few decades are astounding. Prior to 1994, most dishwashers used between 8 to 14 gallons of hot water per cycle. This is approximately the same amount of water held by two 5-gallon buckets, which is an alarming amount! Handwashing dishes was likely an energy saving practice in homes with these older dinosaur dishwashers.

Today, federal standards require no more than 5 gallons per cycle. Dishwashers that are ENERGY STAR® certified, which requires better cleaning performance and lower energy/water consumption, use no more than 4.25 gallons per cycle and some use as little as 2.0 gallons. It is difficult to fathom handwashing a full dishwasher load of dishes with only two gallons of water. Maybe some people could

hand wash that many dishes with five gallons of water, but I'd much rather spend the time reading books to my son or puttering around in my garden and let a machine wash dishes for me. Using a modern and preferably ENERGY STAR dishwasher will nearly always use less hot water and energy than handwashing.

Habits also impact the amount of hot water and energy used by dishwashers and kitchen sinks. Here are a few no-cost ways to save:

- **Scrape, don't rinse.** A rubber spatula does wonders removing food residue. Furthermore, the majority of dishwashers are capable of thoroughly cleaning unrinsed dishes.
- **Soak, don't shower.** When running water to rinse food and dishes, keep in mind that every minute the sink faucet runs is typically 2.5 gallons of water going down the drain. Instead soak food or dishes in the sink basin or a dishpan.
- **Load it up.** Partial and full dishwasher loads use the same amount of water. Follow manufacturer instructions to avoid over- or under-filling the racks. If it takes more than two or three days to fill the dishwasher, use a "rinse and hold" setting in between

"normal loads" to help save time and money, instead of rinsing by hand.

■ **Use energy saving settings.**

Dishwasher manuals often hold important information about "eco" settings that may further increase efficiency and dollar savings. Skip the heat dry cycle.

- **Water heater temperature.** Since the early 1990's most dishwashers in the U.S. have been sold with built-in heaters to boost water temperatures to 140°F. Set the water heater temperature to 120°F (typically between low and medium on the temperature dial) and the dishwasher will adjust itself if needed. 📺

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

For more details about saving energy and water in the kitchen, visit:

SmarterHouse
smarterhouse.org/appliances-energy/dishwashing

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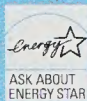
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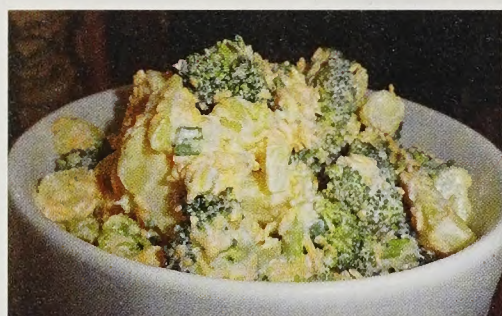
Ears of corn, husked with silks removed (however many you need)
Water (enough to cover corn in a cooler)
Salt to taste

Cilantro Lime Butter

- 1 stick butter, melted
- 1 teaspoon lime juice
- 1 teaspoon lime zest
- 1 teaspoon cilantro, chopped

Place corn in a cooler large enough to hold all the ears. Bring water to a boil and carefully pour over the corn. Close lid to cooler and leave closed for 15 to 20 minutes until corn is done.

Remove corn from cooler; combine all ingredients and brush on corn.



High Country Potato Salad

- 2 pounds waxy potatoes (like Yukon Gold)
- 1½ large broccoli heads
- ¾ cup finely shredded cheddar cheese
- ½ cup thinly sliced green onions
- 1¼ cup mayonnaise
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

Boil potatoes in heavily salted water until a knife slips in easily. Drain and cool.

Cut broccoli into short-stemmed florets and steam until tender. Submerge the broccoli in ice water to cool and set color. Drain, season with salt.

Make dressing: Whisk together mayo, olive oil, vinegar, salt and pepper. Check for seasoning. Stir in cheese and green onions. Cover and refrigerate until ready to make salad.

In a large bowl, peel and cut potatoes into bite-size pieces. Add broccoli — give each floret a little smooch between your fingers to just break the stem, but not so much that you smash it.

Add dressing a bit at a time, stirring until it's all coated (you probably won't need all the dressing). Let sit at room temp for about 30 minutes before serving for flavors to meld.

Garnish with sprinkling of sliced green onions and serve.



Cabbage Gratin

- 4 tablespoons butter, divided
- 1 small head savoy cabbage (cored and cut into 8 wedges)
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1 clove garlic (chopped)
- 1½ teaspoons chopped fresh thyme, plus sprigs
- ¼ teaspoon nutmeg
- 1 tablespoon flour
- 1 cup heavy whipping cream
- ¾ cup shredded aged Gouda cheese
- ½ cup Panko bread crumbs

Preheat oven to 400 degrees.

Butter a shallow 2 quart baking dish (8-by-11-inch). Melt 2 tablespoons butter in a sauté pan or large frying pan over medium high heat and add cabbage wedges cut side down. Sprinkle with ¾ teaspoon salt and ½ teaspoon pepper; cook, turning once, until lightly browned, 5 to 7 minutes.

Add ¼ cup water to pan. Partially cover and cook cabbage until tender, 3 to 5 minutes more. Transfer cabbage to prepared dish, arranging wedges flat but snug.

Return pan to medium heat, melting remaining butter. Add garlic, chopped thyme, nutmeg, flour and stir. Add cream and stir until bubbling, about 2 minutes.

Pour cream mixture over cabbage. Top with cheese and bread crumbs. Bake until browned and bubbling, about 20 minutes. Garnish with thyme sprigs and season to taste with salt and pepper.

From Your Kitchen



Lemon Crumb Squares

- 1½ cup all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 stick (½ cup) butter, slightly softened
- 1 cup brown sugar (lightly packed)
- 1 cup old-fashioned oats
- 1 can (14 ounce) sweetened condensed milk
- ½ cup lemon juice
- Zest of 1 lemon

Preheat oven to 350 degrees.

Mix butter and brown sugar until combined. Sift salt, baking soda and flour together. Add flour mixture and oats to the sugar/butter mixture. Press half of the oat mixture into the bottom of a 9-by-13-inch pan.

Mix condensed milk, lemon zest and lemon juice together, then pour onto the bottom layer of the crumb mixture. Crumble the rest of the crumb mixture on top, but do not press.

Bake for 20 to 25 minutes or until golden brown. Let pan rest on the counter for 30 minutes, then cut into squares and refrigerate for a few hours or until cool. Serve cool.

Recipe courtesy of Becky Wiggins of Louisburg

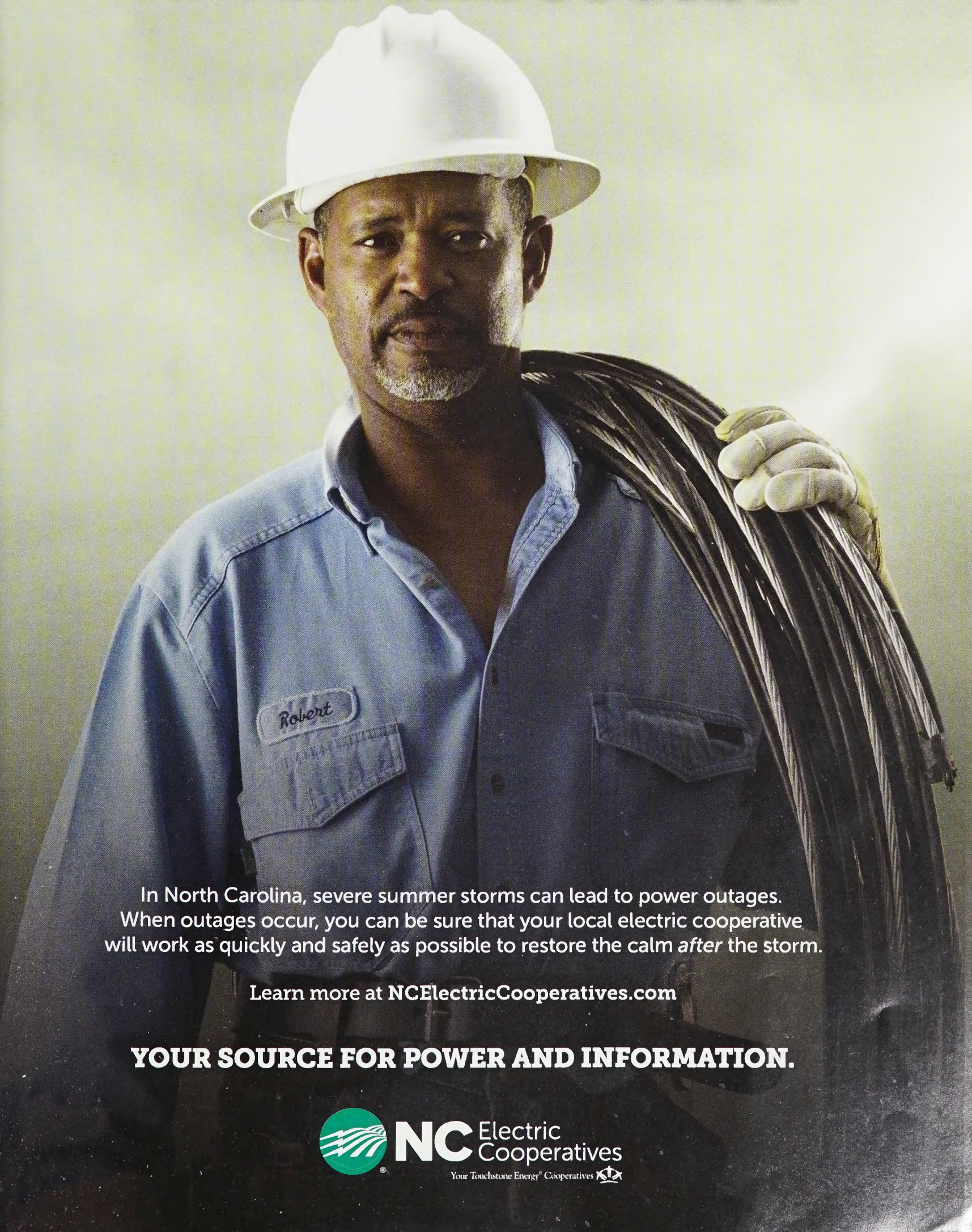
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